Cuban Black Bean Salad

Adapted from: Illinois Harvest of the Month

Description: This recipe is a great way to feature red/orange vegetables. This is a summer school food service recipe for bell peppers, hot peppers, fresh herbs, and corn.

Yield: 100

Serving Size: ½ cup

USDA Meal Components: ¼ cup alternate protein, ¼ cup starchy vegetable, ¼ cup red/orange vegetable

Ingredients:

- 10 lbs sweet corn kernels, fresh, oven roasted and cut from the cob or 9 lbs 1 oz corn, frozen whole kernel, thawed, drained
- 11 lbs bell peppers, red or orange, finely diced
- 2 jalapeno peppers, seeded and membrane removed, minced
- 8 oz onion, fresh, diced
- ½ cup canola or olive oil
- 1 cup lemon juice, fresh
- 10 lbs black beans, (2.5 #10 cans) canned low-sodium, drained, rinsed or 5 lbs 8 oz dry black beans, cooked and drained
- ½ cup parsley, fresh, chopped
- 2 Tbsp cumin, ground
- 1 Tbsp 1 tsp garlic, granulated
- 3 lbs 8 oz salsa, canned, USDA
- 2 lbs monterey jack cheese, reduced fat, shredded

Directions:

1. Combine black beans, corn, green and red peppers, jalapeno peppers, and onions in a large bowl or tote.
2. For dressing, combine lemon juice with parsley, cumin and garlic. Slowly add oil to incorporate. Fold in salsa. Taste for seasonings.
3. Pour dressing over salad and toss lightly to combine.
4. Spread salad into shallow hotel pans (12 x 20 x 2 ½), using 5 lbs + 15 oz (approximately 3 qt + ½ cup) of salad per pan. For 100 servings use 4 pans, 50 use 2 pans.
5. Refrigerate. CCP: cool to, and hold at 41 degrees F.
6. Just prior to service, sprinkle cheese across the top of salad.
7. To oven-roast fresh corn on the cob: add 1-2 Tbsp olive or canola oil to sheet pans spreading evenly. Sprinkle your favorite spice blend over the oil. Roll cleaned shucked ears in the mixture and line up in a single layer on the pan. Bake at 400 degrees F (convection oven) for 15 minutes, turn corn and bake for 10 minutes longer until corn begins to deepen in color and registers at 135 degrees F for 15 seconds. Cool and cut kernels from cobs.

Notes:

If you over-roast fresh sweet corn in season, you will end up with a sweeter and delicious addition to the salad.

A little about cuban cuisine:

Although Spain and Africa contributed most to Cuban cuisine, the French, Arabic, Chinese, and Portuguese cultures were also influential. Black beans, stews, and meats are the most popular foods. Root vegetables are most often flavored with mojo, a combination of olive oil, lemon juice, onions, garlic, and cumin. How spices are rarely used in Cuban cooking. Cuban cuisine is not about heavy-handed spices but how efficiently you use them. Buen Aprovecho!

Nutrition Facts

100 Servings Per Recipe	**Amount Per Serving**	**Percent Daily Value**
Serving Size	½ cup	
Calories	69	
Total Fat	3 g	3.85%
Saturated Fat	1 g	5%
Cholesterol	6 mg	2%
Sodium	129 mg	5.61%
Total Carbohydrate	7 g	2.55%
Dietary Fiber	1 g	3.57%
Total Sugars		
Protein	4 g	8%

Filed Under: School