



Cowboy Corn Salad with Chips



Category: Vegetable and Grain

Smart Snack: Meets Criteria

Ingredients	For 100 Servings		Directions
	Weight	Measure	
Corn, whole kernel, frozen Red onion, chopped Cherry tomatoes Green peppers, chopped Black beans, low sodium Italian dressing, reduced-fat sodium Cilantro, fresh Chili powder Cumin, ground Whole grain tortilla chips	100 oz.	2 qt 3 cups 3 ² / ₃ cups 3 ² / ₃ cups 1 ³ / ₄ cup 1 gal ³ / ₄ cup 1 ³ / ₄ cup ¹ / ₂ Tbsp ³ / ₄ cup 2 Tbsp 3 Tbsp 1 ¹ / ₂ tsp 3 Tbsp 1 ¹ / ₂ tsp	<ol style="list-style-type: none"> 1. Thaw frozen corn in refrigerator overnight. Drain liquid. 2. Wash and chop onions, tomatoes, and peppers. 3. Drain and rinse black beans thoroughly. 4. Mix together thawed corn, beans, and chopped fresh ingredients. 5. Add dressing, cilantro and seasonings to vegetables and gently toss. 6. Cover and refrigerate until ready to serve. CCP: Hold salad for cold service at 41° F or below. 7. Portion with No. 8 scoop (1/2 cup)

Serving Size: No. 8 scoop (1/2 cup salad) and 1 oz. of chips Yield: 100 servings

Nutrition Analysis: Weight: 101 grams

Calories: 198	Calories from Fat: 68	Total Fat: 7.6g	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0.3mg	Sodium: 171mg	Total Carbohydrate: 24g	Dietary Fiber: 5.4g	Sugars: 13g
Protein: 5g	Vitamin A: 194 IU	Vitamin C: 5mg	Calcium: 89 mg	Iron: 2.2 mg

Recipe from Ohio Department of Education – Menus that Move