Black Bean and Corn Salad

BY CHEF GUY S. KOPPE, SCHOOL FOOD CHEF, PROJECT BREAD’S CHEFS IN SCHOOLS INITIATIVE

This is a simple delicious salad that works well with any Mexican-style entrée, like tacos. Try not to resort to bottled lime juice here. Frozen or fresh is the way to go.

9 pounds frozen or low-sodium canned corn kernels
1 red onion, chopped fine (about ¾ pound)
8 large red peppers, diced (about 2½ pounds)
1 cup rice wine vinegar or white vinegar
½ cup olive oil
2 cups lime juice
2½ teaspoons salt
3½ teaspoons ground pepper
2½ #10 cans black beans, drained
2¼ cups chopped cilantro

YIELD: 100 SERVINGS (K–5)  SERVING SIZE: ½ CUP

If corn is frozen, steam corn till defrosted.

Chop the onion, dice the peppers, and hold both aside.

In a large bowl, whisk together vinegar, olive oil, lime juice, salt, and pepper to make a dressing.

Add beans, corn, onion, red pepper, and cilantro and mix well.

NUTRITIONAL INFORMATION
CALORIES: 120; SODIUM: 221.51 MG; SATURATED FAT: 2.12%

USDA REQUIREMENTS MET
¼ CUP STARCHY VEGETABLE

1.3.3 LET’S COOK: HEALTHY SCHOOL MEALS