

Recipe Name: Mexicali Corn			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Corn, whole kernel, frozen	9 ¼ lb.		<ol style="list-style-type: none"> Heat corn to 135°F or higher. In a skillet, heat the oil over medium heat. Add the green pepper and onion. Sauté the vegetables until they are tender but still bright in color.
Pure vegetable oil		½ c.	
Green bell pepper, chopped		2 c.	
Red onion, chopped		1 c.	<ol style="list-style-type: none"> Add diced tomatoes and chili powder to the pan and sauté another 2-3 minutes or until tomatoes are soft but not mushy. Drain the corn. Reserve about ½ cup of the cooking liquid Add sautéed vegetable mixture to the corn. Mix well to combine. Stir in the reserved cooking liquid. Transfer to serving pan.
Tomato, fresh, chopped		1 c.	
Chili powder		1/8 c.	

Serving Size for Grades: K-8 is: _____ (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: _____ (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

½ c. vegetable
