

Black Bean and Corn Salsa - NSLP



General Information

Recipe #	Category	Source
1756058	Vegetables 	Local
Copied From		
Black Bean and Corn Salsa - CACFP 		

Ingredients

Name	Quantity	+	Quantity 2
Coriander (cilantro) leaves, raw	1 ½ c.		
Onions, raw	1 c. chopped, raw to prepared		
Peppers, sweet, green, raw	1 pt., 1 c. chopped		
Corn, sweet, yellow, canned, whole kernel, drained solids	1 ½ #10 can, drained		
Beans, black, mature seeds, canned, low sodium	1 ½ #10 can, undrained		
Seasoning mix, dry, taco, original	¼ c.		
Spices, cumin seed	1 tbsp. ground		
Lime juice, raw	⅓ c., 2 tsp.		

Preparation Instructions

HACCP Process: #1 - No Cook

- 1.Remove cilantro from stems, rinse, and chop. Dice onions and green bell peppers.
2. In a large bowl, combine corn, drained black beans, taco seasoning, cumin, lime juice, salt and pepper. Add cilantro, onions, and bell peppers.
3. Refrigerate for 30 minutes before serving. Adjust seasoning if needed.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.



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Serving Size	Yield
0.5 Cup	50.00

Nutrition Facts

Serving Size 0.5 Cup (164 gm)

Amount Per Serving		
Calories		128.623
% Daily Value*		
Total Fat	1.014gm	1.56%
Saturated Fat	0.216 gm	1.082%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	294.320 mg	12.263%
Total Carbohydrate	24.751 gm	8.25%
Dietary Fiber	7.889 gm	31.555%
Total Sugars	3.108 gm	
Includes 0.000 * gm of Added Sugars		
Protein	7.101 gm	14.203%
Vitamin A, RAE	4.493* mcg	0.499%
Vitamin C	11.540 mg	19.233%
Vitamin D	0.000* mcg	
Calcium	37.862 mg	3.786%
Iron	2.134 mg	11.855%
Potassium	394.892 mg	8.402%
Saturated Fat % of Calories		1.514 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

Last Updated	Created
02-26-2025	02-26-2025

Meal Components

Component	Measurement
Beans, Peas, and Lentils	0.25 cups
Starchy	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe