

**CORN**  
&  
**BLACK BEAN**  
**SALSA**

**Did you know?**

Beans and legumes have the best level ratio of protein to fiber of all foods - and the benefits are amazing! It's great for the digestive system, blood-sugar level, and of course, heart.

One serving of this deliciously and deceptively easy salsa provides a big chunk of much needed fiber and protein. More than two thirds of day's vitamin C intake is included as well - and with a nice side bonus of no cholesterol.

Iron and potassium are in there too - critical to oxygen transport, keeping energy levels high and heart and muscle function.



Created by:  
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**CLEMENTINE**

**Did you know?**

A Clementine is a hybrid between a mandarin orange and a sweet orange. Clementines provide antioxidative protection which helps build our immune system. The nutrients in this fruit are B vitamins, Folate, Calcium, Iron, Potassium and vitamin C. The best part about these "cuties".... they are easy to peel and just as easy to eat.



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## **GOLDEN DELICIOUS APPLE**

### **Did you know?**

Low in calories, Golden Delicious apples are a good source of soluble fiber; contain vitamins A and C, as well as a trace amount of boron and potassium, most of which is located in the apple's skin. This apple has a sweet, tart flavor which makes it suitable for all types of eating and cooking. Add this apple to a salad, use it in baking or just eat it as is.



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## **BANANA**

### **Did you know?**

Known as the powerhouse of nutrition, and instant energy booster bananas are a go to super food. Bananas are high in fiber, potassium, calcium, manganese, iron, folate and vitamin B6. Enjoy you're a banana raw, in a smoothie, on top of hot or cold cereal and even baked!



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## **SPINACH**

### **Did you know?**

One cup of raw spinach contains around 27 calories. Spinach is also loaded with tons of essential vitamins and minerals for our bodies. These include calcium, iron, magnesium, potassium, Vitamin A, folate, vitamin K, fiber, phosphorus, and thiamine. Spinach can be eaten raw as a part of many salads, and it can also be cooked or sautéed. This can be eaten as a side dish vegetable or added to soups, stews, and casseroles.



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# Black Bean & Corn Salsa, homemade (SR1279)

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HACCP Process: Process 1: No Cook  
 Meal Contribution: 1/8 Veg-O  
 Number of Servings: 20.00 Serving Size: 2 tablespoons  
 Moisture gain/loss%: 0.0000 Yield: 1 Pound, 8 7/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss%: 0.0000  
 Total Recipe Cost: \$1.5601 Cost Per Serving: \$0.0780

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1		<b>Use Canned</b>		0.8249	Salsa, Original, homemade (1/2c = 3/8c red/orange + 1/8c other veg) , Recipe SR1007	1 1/2 Cup
2	Sysco #3533486	Corn, sweet, yellow, frozen, kernels cut off cob (1/2c = 2.8 oz = 1/2c starchy veg) , Cooked	3/4 Cup	0.2692	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt S1100053	3/4 Cup
3	BushsBest 1885	Black Beans, Bushs Best, low sodium, canned (1/2c = 3.1 oz = 1/2c legume veg or 2 oz M/MA) , Drained	1 1/4 cup drained, rinsed	0.3759	Black Beans, Bushs Best, low sodium, canned S1100021	3/4 cup drained, rinsed
4	Produce Red Bell	Peppers, red, sweet (bell), raw (1/2c = 3.2 oz = 1/2c red/orange veg) , As Purchased	1 1/2 tablespoon (0.49 oz.)	0.0592	Peppers, red, sweet (bell), raw S1100039	1 1/2 tablespoon (0.49 oz.)
5	Produce Green Bell	Peppers, green, sweet (bell), raw (diced: 1/2c = 3.2 oz = 1/2c other veg) , As Purchased	1 1/2 tablespoon (0.49 oz.)	0.0310	Peppers, green, sweet (bell), raw S1100037	1 1/2 tablespoon (0.49 oz.)

### Preparation Instructions

- o 1. Prepare salsa base according to recipe.  
 CCP-Hold refrigerated at 40 degrees F or below for service.  
 NOTE: Allow flavors to meld at least 30 minutes before using recipe. May substitute purchased salsa at 1:1 ratio for salsa base.
  - o For Bean: Be sure to sanitize top of can before opening. Check for physical contaminants after opening the can.
  - o 2. Combine in 2 inch half pan and mix well.
    - 1-1/2 cup salsa base
    - 3/4 cup corn
    - 3/4 cup black beans
    - 1-1/2 TBSP green peppers
    - 1-1/2 TBSP red peppers
- CCP-Hold refrigerated at 40 degrees F or below for service or use in recipe.  
 NOTE: Allow flavors to meld for at least 30 minutes before service.

### Serving Instructions

- o Portion: Serve 1 oz. ladle (1/8 cup) or as directed in recipe.

Original Recipe Yield: 20 - 1/8 cup servings = 2 - 1/2 cups = 1.625 pounds.  
1/2 cup = 0.038 cup starchy vegetable + 0.038 cup legume + 0.08 cup red/orange + 0.05 cup other totaling 0.159 cup vegetable.