



# Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

## CACFP CREDITING INFORMATION

1 cup (8 oz spoodle) bean salad over ½ cup (4 oz spoodle) lettuce provides Legume as Meat Alternate: 1 ½ oz equivalent meat alternate, ⅜ cup vegetable, and ¼ cup fruit OR Legume as Vegetable: ⅞ cup vegetable and ¼ cup fruit.

## SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beans, black, low-sodium, canned, drained, and rinsed; or beans, black, dry, cooked	6 lb	3 qt 2⅔ cup (1½ No. 10 can)	12 lb	1 gal 3 qt 1⅓ cup (2¾ No. 10 can)	<b>1</b> In a large bowl, mix together black beans, mango, and tomato to make a salad.
Mango, canned, drained, diced	3 lb 2 oz	1 qt 2¼ cup	6 lb 4 oz	3 qt ½ cup	
*Tomato, fresh, ¼" diced	1 lb 7 oz	3⅞ cup	2 lb 14 oz	1 qt 2¼ cup	<b>2</b> Prepare dressing: In a small bowl, whisk together canola oil, apple cider vinegar, oregano, and pepper.
Oil, canola		¼ cup		½ cup	
Vinegar, apple cider		½ cup		1 cup	
Oregano, dried		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper, ground		1 tsp		2 tsp	
*Lettuce, romaine, fresh, chopped	1 lb	3 qt ½ cup	2 lb	1 gal 2 qt 1 cup	
					<b>3</b> Toss black bean salad with dressing.
					<b>4</b> Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
					<b>5</b> Serve 1 cup (8 oz spoodle) black bean salad over ½ cup (4 oz spoodle) lettuce.  Critical Control Point: Hold at 40 °F or lower.



### NUTRITION INFORMATION

For 1 cup (8 oz spoodle) black bean salad over ½ cup (4 oz spoodle) lettuce.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>162</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>153 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

### YIELD/VOLUME

#### 25 Servings

12 lb  
1 gal 2 qt 1 cup black  
bean salad, 3 qt ½ cup  
romaine

#### 50 Servings

24 lb  
3 gal 2 cup black bean  
salad, 1 gal 2 qt 1 cup  
romaine

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Tomatoes	1 lb 7 oz	2 lb 14 oz
Romaine lettuce	1 lb 9 oz	3 lb 2 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Tips for Soaking Dry Beans

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

#### Critical Control Point

To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.