



# Black Bean & Corn Taco Salad Bowl

Delicious vegetarian black bean and corn taco salad bowl loaded with fresh veggies and drizzled with a taco ranch dressing.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*California Department of Education*

**Preparation Time:** 1 hour 30 minutes  
**Cook Time:** 15 minutes

**NSLP/SBP crediting information:**

2 cups (1 tostada shell, 1 cup lettuce, 1/8 cup cheese, 1/4 cup cherry tomatoes, 1/2 cup black bean and corn salsa, 1 oz taco ranch dressing) provides 2 oz eq meat/meat alternate, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable, 1 oz eq grains.

| INGREDIENTS                                     | 50 SERVINGS |                     | 100 SERVINGS |                     | DIRECTIONS   |
|---|-------------|---------------------|--------------|---------------------|--|
|   | Weight      | Measure             | Weight       | Measure             |  |
| Oil, vegetable                                  |             | 1 cup               |              | 2 cups              | Prepare black bean corn salsa in advance:<br><b>1.</b> Heat vegetable oil in a tilt skillet over medium heat.<br><b>2.</b> Add frozen corn to tilt skillet and cook until the edges start to brown, about 5 minutes.<br><b>3.</b> Rinse and drain beans, add beans to tilt skillet.<br><b>4.</b> Add cumin and lime juice to tilt skillet, gently fold until combined. |
| Corn, frozen, whole kernel, includes USDA Foods | 4 lb 8 oz   | 3 qt 1/2 cup        | 9 lb         | 1 gal 2 qt<br>1 cup |  |
| Beans, black (turtle), canned                   | 13 lb 4 oz  | About 2 No. 10 cans | 26 lb 8 oz   | About 4 No. 10 cans |  |
| Cumin, ground                                   |             | 1 Tbsp              |              | 2 Tbsp              |  |



| INGREDIENTS                               | 50 SERVINGS  |               | 100 SERVINGS  |              | DIRECTIONS  |
|---|--------------|---------------|---------------|--------------|---|
|   | Weight       | Measure       | Weight        | Measure      |   |
|   |              |               |               |              | <p><b>Critical Control Point:</b> Heat to internal temperature of 135 °F or higher.</p> <p>5. Cool using the two-stage cooling method.</p> <p><b>Critical Control Point:</b> Cool to 70 °F within two hours and to 41 °F or below within four hours. Hold for cold service at 41 °F or below.</p> |
| Lime juice                                | 2 oz         | ¼ cup         | 4 oz          | ½ cup        |   |
| Yogurt, fresh, nonfat, plain, Greek-style | 3 lb 7.28 oz | 1 qt 2 ¼ cups | 6 lb 14.57 oz | 3 qt ½ cup   | 6. Prepare taco ranch dressing in advance:<br>In a five-gallon container, combine Greek yogurt, garlic powder, onion powder, lemon juice, and dill. Mix until well combined.  |
| Garlic powder                             |              | ¼ cup ½ tsp   |               | ½ cup 1 tsp  |   |
| Onion powder                              |              | 1 Tbsp ¼ tsp  |               | 2 Tbsp ½ tsp |   |
| Lemon juice                               |              | ¼ cup 2 Tbsp  |               | ¾ cup        |   |
| Dill, dried                               |              | 2 Tbsp ¼ tsp  |               | ¼ cup ½ tsp  |   |
| Chili powder, light                       |              | 2 Tbsp        |               | ¼ cup        | 7. Add chili powder to taco ranch dressing, mix well and pour 2 Tbsp into 50 or 100 1 oz containers. Cover with a lid and set aside in the refrigerator at 41°F or below.<br><br><b>Critical Control Point:</b> Hold for cold service at 41°F or below.   |
| *Lettuce, fresh, Romaine, chopped         | 4 lb 11 oz   | 3 gal 2 cups  | 9 lb 6 oz     | 6 gal 1 qt   | 8. Assemble salad: Place 1 cup of chopped lettuce in a tostada shell.   |
| Tostada shells, 6 inch                    |              | 50 each       |               | 100 each     |   |



| INGREDIENTS   | 50 SERVINGS |               | 100 SERVINGS |                  | DIRECTIONS   |
|---|-------------|---------------|--------------|------------------|--|
|   | Weight      | Measure       | Weight       | Measure          |  |
| Cheese, cheddar, reduced fat, natural or processed, shredded, includes USDA Foods | 1 lb 9 oz   | 1 qt 2 ¼ cups | 3 lb 2 oz    | 3 qt ½ cup       | 9. Portion ⅛ cup of shredded cheese on top of lettuce using a No. 16 scoop.  |
| *Tomatoes, fresh, cherry, without stem, halved                                    | 4 lb 9 oz   | 3 qt ½ cup    | 9 lb 2 oz    | 1 gal 2 qt 1 cup | <p>10. Portion ¼ cup of halved cherry tomatoes on top of shredded cheese using a No. 16 scoop.</p> <p>11. Portion ½ cup black bean and corn salsa on top of salad using a No. 8 scoop.</p> <p><b>Critical Control Point:</b> Hold for cold service at 41 °F or below.</p> <p>12. Place 1 oz portion container of taco ranch dressing on the side of the salad.</p> |



**BLACK BEAN & CORN TACO SALAD BOWL**  
**NUTRITION INFORMATION**

For 2 cups (1 tostada shell, 1 cup lettuce, 1/8 cup cheese, 1/4 cup cherry tomatoes, 1/2 cup black bean and corn salsa, 1 oz taco ranch dressing)

| <b>NUTRIENTS</b>          | <b>AMOUNT</b>   |
|---------------------------|-----------------|
| <b>Calories</b>           | <b>371</b>      |
| <hr/>                     |                 |
| <b>Total Fat</b>          | <b>13.1 g</b>   |
| Saturated Fat             | 3.8 g           |
| Cholesterol               | 11.6 mg         |
| <b>Sodium</b>             | <b>274.9 mg</b> |
| <b>Total Carbohydrate</b> | <b>48.2 g</b>   |
| Dietary Fiber             | 10.7 g          |
| Total Sugars              | 1.7 g           |
| Added Sugars included     | N/A             |
| <b>Protein</b>            | <b>16.9 g</b>   |
| <hr/>                     |                 |
| Vitamin A                 | 4,540 mcg RAE   |
| Vitamin C                 | 12.4 mg         |
| Vitamin D                 | N/A             |
| Calcium                   | 119.1 mg        |
| Iron                      | 4.2 mg          |
| Potassium                 | N/A             |

N/A=data not available.

| <b>*MARKETING GUIDE</b>      |                    |                     |
|------------------------------|--------------------|---------------------|
| <b>Food as Purchased for</b> | <b>50 Servings</b> | <b>100 Servings</b> |
| Romaine lettuce              | 7 lb 6 oz          | 14 lb 12 oz         |
| Cherry tomatoes              | 5 lb               | 10 lb               |

| <b>NOTES</b>   |
|--|
| <p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.</p> <p>Cooking Process #2: Same Day Service.</p> |

| <b>YIELD/VOLUME</b> |                     |
|---------------------|---------------------|
| <b>50 Servings</b>  | <b>100 Servings</b> |
| About 6 gal 1 qt    | About 12 gal 2 qt   |

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

