



Garden Salsa

Garden salsa is a versatile condiment that can elevate your entrée as a topping and also works as a dip. Use vegetables from the garden or greenhouse if available!

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Louisiana Department of Education, Richland Parish Schools.

Preparation Time: 15 minutes
Cook Time: No cook

NSLP/SBP crediting information:
 1/3 cup (No. 12 scoop) provides 1/4 cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, red, fresh, diced	6 lb 10 oz	3 qt 1/2 cup	13 lb 4 oz	1 gal 2 qt	1. Place all prepared vegetables into a large mixing bowl. Critical Control Point: No bare hand contact with ready to eat foods. 2. Add lemon juice, granulated garlic, salt, and pepper to bowl.
*Onion, yellow, fresh, diced	7 oz	1 cup	14 oz	2 cups	
Cilantro, fresh, chopped	2 1/2 oz	1 cup	5 oz	2 cups	
*Peppers, jalapeno, fresh, finely minced	1 oz	2 Tbsp	2 oz	1/4 cup	
Juice, lemon		1/4 cup 2 Tbsp		3/4 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, granulated		2 tsp		1 Tbsp 1 tsp	<p>3. Mix gently to combine.</p> <p>4. Serve 1/3 cup using a No. 12 scoop.</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p>
Salt, table		1 1/2 tsp		1 Tbsp	
Pepper, black, ground		1/2 tsp		1 tsp	



**GARDEN SALSA
NUTRITION INFORMATION**

For 1/3 cup (No. 12 scoop)

NUTRIENTS	AMOUNT
Calories	13
Total Fat	0.12 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Sodium	74 mg
Total Carbohydrate	3 mg
Dietary Fiber	<1 g
Total Sugars	1.5 g
Added Sugars included	N/A
Protein	<1 g
Vitamin A	161 mcg RAE
Vitamin C	8.6 mg
Vitamin D	N/A
Calcium	7.56 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Tomatoes, fresh, whole, all sizes	7 lb 10 oz	15 lb 4 oz
Onions, mature, fresh, all sizes, whole	8 oz	1 lb
Peppers, green chilies, fresh, jalapeno, whole with stem	1 oz	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.
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.
Cooking Process #1: No Cook

YIELD/VOLUME	
50 Servings	100 Servings
About 1 gal 1/2 cup About 7 lb 5 oz	About 2 gal 1 cup About 14 lb 10 oz

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

