



LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



Cowboy Corn Salsa

Featured Item: Tomato

Serving Size: ½ Cup • Number of Servings: 50

HACCP Process # 1:

• No Cook

Child Nutrition Credit:

• .25 cup beans/peas; .25 cup starch; .125 cup red/orange

INGREDIENTS

- 3 qt, 1/2c. Corn Cut, IQF 30#
- 3 qt, ½ c. Beans, Black Low Sodium 6 10 BUSH
- 1 qt, 2 ¼ c diced Tomatoes, fresh 5 x 6 XL 5#
- 3 c., 2 tbsp Dressing, Italian FF 4 1 gal

DIRECTIONS

1. Chop tomatoes.
2. Drain beans.
3. Combine all ingredients and gently mix through.
4. Portion in ½ cup soufflé cups for serving.

Source: Pisanick Partners, LLC