

## Marinated Black Bean Salad

Marinated Black Bean Salad, a fresh and vibrant dish of black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños pairs great with chicken, fish, or tortilla chips.

### CACFP Home Childcare Crediting Information

$\frac{2}{3}$  cup (two  $\frac{1}{3}$  cup measuring cups or 6 oz slotted spoodle) provides **Legume as Meat/Meat Alternate** provides  $\frac{3}{8}$  cup vegetable ( $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{4}$  cup starchy vegetable), and 1 oz equivalent meat alternate.

OR

**Legume as Vegetable** provides  $\frac{5}{8}$  cup vegetable ( $\frac{1}{8}$  cup additional vegetable,  $\frac{1}{8}$  cup legume vegetable,  $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{4}$  cup starchy vegetable), and 0.25 oz equivalent meat alternate.

### Ingredients

4 Tbsp or 2 oz Lime juice

1 tsp Dried parsley

$\frac{1}{2}$  tsp Ground cumin

1 tsp or  $\frac{1}{4}$  oz Fresh garlic cloves

2 tsp or  $\frac{1}{3}$  oz Ancho chili powder

OR

2 tsp or  $\frac{1}{3}$  oz Mexican seasoning mix  
(See Notes Section)

$\frac{1}{2}$  cup or  $\frac{1}{3}$  oz Fresh cilantro, minced

1 tsp or  $\frac{1}{4}$  oz Olive oil

$\frac{1}{8}$  cup or 2 oz Honey

$\frac{1}{4}$  cup or 2 oz apple cider vinegar

2 cup or 11  $\frac{1}{2}$  oz Canned low-sodium black beans, drained, rinsed (See Notes Section)

OR

2 cup or 11  $\frac{1}{2}$  oz Dry black beans, cooked  
(See Notes Section)



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Makes:** 6 servings

### Directions

- 1 Dressing:** Combine lime juice, parsley, cumin, garlic, ancho chili powder or Mexican seasoning mix, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
- 2 Vegetables:** Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños in a large bowl. Stir well.
- 3** Pour about  $\frac{1}{2}$  cup dressing over vegetables. Stir well.
- 4** Transfer about bean salad to medium serving bowl.
- 5** Sprinkle  $\frac{1}{2}$  cup cheese over salad.
- 6** Critical Control Point:  
Cool to 40 °F or lower within 4 hours.
- 7** Critical Control Point:
- 8** Hold at 40 °F or below until served.
- 9** Serve  $\frac{2}{3}$  cup (portion with two  $\frac{1}{3}$  cup measuring cups or 6 oz slotted spoodle).

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## Ingredients continued

- 1 ½ cup or 8 ⅔ oz Frozen whole-kernel corn, thawed
- ⅓ cup or 1 ⅓ oz Fresh green peppers, diced
- ½ cup or 2 oz Fresh red peppers, diced
- ⅓ cup or 3 ⅓ oz Canned low-sodium salsa
- ¼ cup or ½ oz Fresh red onions, diced
- ¼ cup or ¼ oz Jalapeños, diced, seeded
- ½ cup or 2 oz Low-fat cheddar cheese, shredded

### Notes Section:

#### **Mexican Seasoning Mix ¾ cup (about 4 ½ oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

#### **How to Cook Dry Beans**

Special tip for preparing dry beans:

##### SOAKING BEANS

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1 ¾ 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.

##### COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Servings: Calories 160, Protein 7 g, Carbohydrates 26 g, Dietary Fiber 4 g, Total Sugars 10 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 350 mg, Vitamin A 40 mcg RAE, Vitamin C 24 mg, Vitamin D 1 IU, Calcium 127 mg, Iron 2 mg, Potassium 330 mg**

