

# Chili-Lime Black Bean and Peach Salad



Category: Vegetarian Entrée or Side  
Portion Size(s): 1/2 cup (3.3 oz)  
Meal Components: Legume as Vegetable: 3/8 cup Vegetable (1/4 cup legumes; 1/8 cup other) 1/8 cup fruit OR  
Legume as Meat/Meat Alternate: 1 oz eq meat/meat alternate; 1/8 cup fruit

Ingredients:	100 Portions	
	Weight	Measure
Black beans, low-sodium, canned, drained, and rinsed (USDA or Commercial)	11 lbs 8 oz	1 gal 3 qts 1/2 cup OR 2-1/2 #10 cans
Peaches, diced, extra light syrup, canned, drained well (USDA or Commercial*)	6 lbs 4 oz	3 qts 1/2 cup OR 1-1/2 #10 cans
Onions, fresh, 1/4" diced	1 lb 1 oz	1 qt
Red bell pepper, fresh, 1/4" diced	2 lbs 10 oz	2 qts
Chili-lime seasoning (such as Tajin)		3/4 cup



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## Directions:

1. Prepare Salad: In a large bowl or 12" x 20" x 6" steamtable pan, add all ingredients. Toss to coat with seasoning. Best if made one day ahead of time to allow flavors to meld together. CCP: Cold service 40 °F or lower.  
*For Grab n Go Service: Place in 5 or 6 oz plastic cups with lids. CCP: Hold and serve at 40 °F or lower.*

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## Nutrients Per One Serving (K-12):

Calories	66 kcal	Total Fat	0 g	Total Dietary Fiber	4 g	Vitamin C	16 mg	Sodium	329 mg	Cholesterol	0 mg	Vitamin A	440 IU
Saturated Fat	0 g	Trans Fat	0 g	Protein	3 g	Iron	1 mg	Sugars	4 g	Carbohydrates	13 g	Calcium	19 mg

## Components Per One Serving (K-12) Black Beans as a Legume Vegetable:

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz.eq.	0 oz.eq.	3/8 cup(s)	1/4 cup(s)	0 cup(s)

## Components Per One Serving (K-12) Black Beans as a Meat/Meat Alternate:

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz.eq.	0 oz.eq.	3/8 cup(s)	1/8 cup(s)	0 cup(s)

## Serving Size:

Serving Size: 1 serving

Yield: 100 servings

NSLP/SBP Crediting Information

K-8: Legume as Vegetable: 3/8 cup Vegetable (1/4 cup legumes; 1/8 cup other) 1/8 cup fruit  
Legume as Meat/Meat Alternate: 1 oz eq meat/meat alternate; 1/8 cup fruit

9- 12: Legume as Vegetable: 3/8 cup Vegetable (1/4 cup legumes; 1/8 cup other) 1/8 cup fruit  
Legume as Meat/Meat Alternate: 1 oz eq meat/meat alternate; 1/8 cup fruit

## Yield Study:

Peaches, diced, extra light syrup, canned, drained = 6.25 lbs = 12.5 cups, provides 1/8 cup fruit each serving.