

Recipe Analysis Workbook (RAW)







Recipe Name: Southwest Black Bean and Peach Salad

Servings per Recipe: 100

Recipe Number: Peach - 5

Serving Size: 1

Meal Pattern Contribution

	Vegetables	Additional Vegetables	$\frac{1}{8}$ cup
	Vegetables	Beans and Peas (Legumes)	$\frac{1}{4}$ cup
	Vegetables	Red/Orange Vegetables	0 cup
	Vegetables	Other Vegetables	0 cup
	Fruit		$\frac{1}{8}$ cup
	Meats/Meat Alternates		1.00 oz eq

1 provides $\frac{3}{8}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{4}$ cup legume vegetable), $\frac{1}{8}$ cup fruit, 1.00 oz eq meats/meat alternates

Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

NOTE: Total creditable amount cannot exceed the serving size of the product.

Beans and Peas (Legumes)

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Beans, Black (Turtle beans), dry, canned, Whole, Includes USDA Foods	Pound	10.14	1/4 cup drained, unheated vegetable		11.5000	0.0000	11.5000

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Peppers, Bell, fresh, Orange or Red, Medium or Large, Whole	Pound	9.70	1/4 cup chopped or diced raw vegetable	1 lb AP = 0.80 lb ready-to-serve or -cook raw peppers	2.6250	0.0000	2.6250

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Onions, Mature, fresh, Diced, Ready-to-use	Pound	12.60	1/4 cup diced, raw vegetable	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion	1.0625	0.0000	1.0625

Fruit

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Peaches, canned, Clings, Diced, Light syrup pack, Includes USDA Foods	Pound	5.34	1/4 cup drained fruit	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches	9.3750	0.0000	9.3750

Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Beans, Black, (Turtle), dry, canned , Whole, <i>Includes USDA Foods</i>	Pound	10.14	1/4 cup drained, unheated beans		11.5000	0.0000	11.5000