

Cowboy Caviar HACCP Process: #1 No Cook Size of Portions: 1 Cup of Salad		CREDITING INFORMATION: one salad provides		Meats/MA	Grains	Fruits	Vegetables
				2 oz eq	0	0	Legumes: Dark Green: Red/Orange: Starchy: 1/8 cup Other: 1/8 cup
INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS		
	Weight	Measure	Weight	Measure			
Oil, olive		2 cups		1 qt	1 Dressing: Combine oil, lime juice, honey, garlic, salt, and pepper in a blender (or use an emersions blender) and blend until the ingredients come together into a smooth dressing.		
Lime juice, fresh		1 cup		2 cup			
Honey	2.25 oz	3 Tbsp	4.5 oz	1/4 cup 2 Tbsp			
Garlic, raw		4 cloves		8 cloves			
Salt, Kosher		1 tsp		2 tsp			
Pepper, black		1 Tbsp		2 Tbsp			
Beans, black-eyed pea, low-sodium, canned, drained, rinsed	7 lb 3 oz	1 gal 1/4 cup	14 lb 5 oz	2 gal 1/2 cup	2 Salad: In a large container combine black-eyed peas, black beans, corn, tomatoes, bell peppers, green onions, and cilantro. Add dressing and gently fold to incorporate the dressing.		
Beans, black (Turtle), low-sodium, canned, drained, rinsed	6 lb 15 oz	3 qt 1/2 cup	13 lb 14 oz	1 gal 2 qt 1 cup			
Corn, whole kernel, low-sodium, canned, drained, rinsed	6 lb 15 oz	3 qt 1/4 cup	13 lb 14 oz	1 gal 2 qt 1/2 cup			
*Tomatoes, fresh, red, ripe, 1/2 inch dice	5 lb 10 oz	3 qt 2 1/4 cups	11 lb 4 oz	1 gal 3 qt 1/2 cup			
*Peppers, bell, fresh, red, 1/2 inch dice	2 lb 10 oz	2 qt	5 lb 4 oz	1 gal			
*Onions, green, fresh, including tops and bulbs, cut on a bias 1/8 inch	1 lb 11 oz	1 qt 3 1/2 cups	3 lb 6 oz	3 qt 3 cups			
*Cilantro, fresh, minced	6 oz	2 qt 2 1/2 cups 2 Tbsp	12 oz	1 gal 1 qt 1 1/4 cups			

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Cheese, Cheddar, yellow, reduced fat, shredded (USDA – 100012)	1 lb 9 oz	3 cups	3 lb 2 oz	1 qt 2 cups	3 For individual portions, place 1 cup of mixture into an individual serving container and top with 1/2 oz of cheese using a 1 fl oz spoodle or a No. 30 scoop. CCP: Refrigerate until served. CCP: Hold for cold service at 41° F or lower.		
MARKETING GUIDE FOR 50 SERVINGS				MARKETING GUIDE FOR 100 SERVINGS			
Tomatoes, fresh: 7.5 lb Peppers, bell, red, fresh: 3.5 lb Onions, green, fresh: 2 lb Cilantro, fresh: 0.75 lb				Tomatoes, fresh: 15 lb Peppers, bell, red, fresh: 7 lb Onions, green, fresh: 4 lb Cilantro, fresh: 1.5 lb			
NOTES							
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #1: No Cook This item may be held refrigerated at or below 41° F for 2-3 days.							

