

Fresh Mexican Salad







Recipe Rating	
Total Time	30 Minutes
Cooking Time	None
Total Labour	30 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Can Opener
Colander
Spatula
Mixing Bowl or Pan

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Nutrition Facts Valeur nutritive	
Per 1 serv (89g) / par 1 serv (89g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 1.5g	2%
Saturated / satures 0g	
+ Trans / trans 0g	1%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 100mg	4%
Carbohydrate / Glucides 11g	4%
Fibre / Fibres 2g	8%
Sugars / Sucres 2g	
Protein / Proteines 3g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	10%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Corn, Niblet	540 gm	1.2 Lbs	1.1 kg	2.4 Lbs
Black Turtle Beans, Pre-cooked, Rinsed	540 gm	1.2 Lbs	1.1 kg	2.4 Lbs
Tomato, Fresh, Diced	720 gm	1.6 Lbs	14.4 kg	3.2 Lbs
Cucumber, Fresh, Diced	230 gm	8.1 oz	460 gm	1 Lb
Onions, Fresh, Red, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Cilantro, Fresh, Chopped (or Parsley)	18 gm	0.6 oz	36 gm	1.2 oz
Olive Oil	30 ml	2 Tbsp	60 ml	4 Tbsp
Salt	2.5 ml	½ tsp	5 ml	1 tsp

Method	
	1. Using a can opener, open the cans of corn and beans. Rinse well separately using a colander.
	2. Wash all vegetables thoroughly. Small dice: tomato, cucumber and red onion. Fine chop the cilantro.
	3. Combine all ingredients in a mixing bowl or pan.
	4. Bulk: Portion into service dishes or leave in bulk for dining room service. Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service. Serve cold.
Garnish: cilantro leaves (or parsley leaves)	
Food Accompany: Appropriate entrée, such as Chicken Fajitas	