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TEX MEX CORN

SERVINGS: 50 SERVINGS CALORIES: 49 KCAL

This fresh corn salad made with peppers and a fantastic lemon juice dressing is a perfect side dish for a hot summer day.

INGREDIENTS

9.5 pounds Corn (9 pounds, 8 ounces), tempered (thawed)
1 pound Bell pepper, red diced
12 ounces Yellow onion diced
½ cup Oil olive or vegetable
2½ tablespoons Lemon juice
1½ teaspoons Salt, kosher
2½ tablespoons Cilantro fresh, chopped

INSTRUCTIONS

1. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.
*Alternative cooking method: Combine oil, red peppers, onions, corn, salt, pepper and lemon juice in the steamer. Steam for 5-7 minutes until heated. Skip to step 4.
2. Add corn, salt and pepper; sauté for another 1-2 minutes.
3. Add lemon juice; sauté for another 2-3 minutes.
4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

RECIPE NOTES

Serving Size: 1/2 cup

Yield 50 servings

Portion corn with a 4 ounce spoodle or 1-#8 scoop

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

HACCP Critical Control Point: Heat to a temperature of 140° F for 15 seconds.

HACCP Critical Control Point: Hold at 135° F or above.

Crediting: 1/2 cup starchy vegetable.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 49 kcal | Fat: 2 g | Polyunsaturated fat: 1 g | Monounsaturated fat: 1 g | Sodium: 32 mg | Carbohydrates: 8 g | Fiber: 1 g | Sugar: 2 g | Protein: 1 g

The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.