



Rainbow Salsa

Makes: 50 Servings

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Ingredients	Weight	Measure
Green pepper, chopped	8 1/3 oz	2 cup
Jalapeno, fresh, chop, seeded		5 1/2 Tbsp
Black beans, canned, drained		12 1/2 cup
Tomatoes, canned, drained	2 lb 10 oz	5 1/4 cup

Corn, canned, drained	1 3/4 lb	4 cup
Red onion, chopped	14 1/2 oz	2 3/4 cup
Mango, fresh or frozen, diced	14 1/2 oz	2 3/4 cup
Fresh cilantro, chopped		1 1/2 cup
Oil, salad		1/2 cup 1 Tbsp
Lime juice		1/4 cup 2 1/4 Tbsp
Salt		1 Tbsp 1 tsp
Garlic, powder		2 tsp
Cumin		3 1/8 tsp

Directions

1. Chop and/or dice green peppers, red onion, mango, cilantro, and jalapeno.
2. Drain black beans, corn, and diced tomatoes.
3. Mix all ingredients together.
4. Serve 1/2 cup per serving.
5. Refrigerate until service. Hold at 40 degrees F or lower.
6. May serve with whole grain tortilla chips.

Source: Andersen Elementary School (Recipes for Healthy Kids Competition)