



825050 - Carolina Caviar

Source: K12 Culinary
 Number of Portions: 32
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:
 Vegetable, Other
 Vegetable, Legumes

Attributes:
 Legumes
 Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	1 qt + 1 cup	Thaw corn overnight in refrigerator. Steam corn in a perforated pan. CCP: Cook until internal temperature reaches 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours or less.
002048 VINEGAR,CIDER..... 900670 CUMIN,GROUND..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 826508 Olive Oil Blend 90/10, Colavita L116.....	1/2 cup 1 Tbsp + 1 tsp 1 tsp 1 tsp 1 cup	While corn is cooling, prepare the dressing. Combine apple cider vinegar, cumin, salt, and pepper in a large bowl or container. Using a whisk, mix until combined. While continuously whisking, slowly add oil.
011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 901049 ONIONS,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1 CUP (diced) 1 CUP (diced) 1 CUP (diced) 1/2 cup	Rinse peppers, onion, and cilantro under running water. Cut peppers and remove seed pod. Cut peppers into ¼ inch strips and then into small dices. Cut onions in half, then into small dices. Roll cilantro into a tight bundle and cut into very thin chiffonade strips.
050554 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU.....	1 #10 can, drained	Drain and rinse canned black-eyed peas. Combine black-eyed peas, cooled corn, bell peppers, onion, and cilantro. Pour seasoned dressing over vegetables. Using a spatula, toss to coat. CCP: Cool to 41° F or lower within 4 hours.
		Serve using a no. 8 disher or 4 oz. spoodle. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	130 kcal	Cholesterol	0 mg	Sugars	*0.3* g	Calcium	14.56 mg	52.04%	Calories from Total Fat
Total Fat	7.52 g	Sodium	141 mg	Protein	3.53 g	Iron	0.74 mg	4.24%	Calories from Saturated Fat
Saturated Fat	0.61 g	Carbohydrates	13.80 g	Vitamin A	238.6 IU	Water ¹	*16.85* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.81 g	Vitamin C	12.6 mg	Ash ¹	*0.26* g	42.47%	Calories from Carbohydrates
								10.86%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									