



SPICY THREE BEAN SALAD

Recipe Project Name/Written By:	National Dairy Council
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	45 minutes
Cook Time:	0 minutes
Total Time:	45 minutes
K-12 Portion Size:	1/2 cup
Meal Pattern Contribution:	1 oz m/ma or 1/2 cup beans/peas/lentils

INGREDIENTS	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Beans, black, canned, low-sodium	109 oz	1 #10 can	218 oz	2 #10 cans
Beans, pinto, canned, low-sodium	108 oz	1 #10 can	216 oz	2 #10 cans
Beans, garbanzo, canned, low-sodium	110 oz	1 #10 can	220 oz	2 #10 cans
Yogurt, Greek, plain, fat-free	2 lb	1 qt	4 lb	2 qt
Sauce, BBQ, sweet or smokey		1 1/2 c		3 c
Lime juice		1 c		2 c
Dried cilantro		2 Tbsp		1/4 c
Black pepper		1 Tbsp		2 Tbsp
Chipotle powder		1 Tbsp		2 Tbsp
Dried dill		1 Tbsp		2 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Granulated onion		1 Tbsp		2 Tbsp

DIRECTIONS
1. Place beans in refrigerator overnight.
CCP: No bare hand contact with ready to eat food.
2. Drain and rinse beans in a colander under running water until the liquid runs clear. Drain well of excess water.
3. In a large bowl or container, whisk together the yogurt, BBQ sauce, lime juice, and spices until thoroughly combined.
4. Add beans to sauce mixture, and using a spatula, fold until beans are evenly coated with the sauce.
CCP: Hold and serve at 41° F or below.
5. Using a #8 disher, serve 1/2 cup to each student.

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NUTRITION INFORMATION

Serving Size 1/2 cup

NUTRIENTS AMOUNT

Calories 192

Total Fat 2 g

Saturated Fat 0.2 g

Cholesterol 2 mg

Sodium 297 mg

Total Carbohydrate 34 g

Dietary Fiber 9 g

Total Sugars 7 g

Added Sugars 4 g

Protein 11 g

Vitamin D 0 mcg

Calcium 72 mg

Iron 2 mg

Potassium 32 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

** BBQ sauce used includes 16g added sugars per 2 Tbsp*

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

YIELD/VOLUME

50 Servings	100 Servings
12 lb 14 oz	25 lb 12 oz
1 gal	2 gal

