

Fiesta Lime Corn

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: *Healthyschoolrecipes.com*

Ingredients:

Ingredient Name	Measurements
Corn, frozen	9 ¼ lb
Peppers, bell, red, small diced	1 lb
Onion, fresh, small dice	1 lb
Lime juice	¼ cup
Chili powder	1 tbsp
Ground cumin	2 tsp
Smoked paprika	2 tsp
Granulation Onion	2 tsp
Cilantro, fresh, chopped	1 cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Combine corn, red bell peppers and onion.
2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5-pound pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes.
3. CCP: Heat to 140° F or higher.

4. Add seasonings, cilantro and lime juice. Stir lightly.
5. CCP: Hold for hot service at 135° F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	42 kcal
Total Fat	1.3 g
Saturated fat	0.25 g
Sodium	132 mg
Cholesterol	0 mg
Total Carbohydrate	7.7 g
Dietary Fiber	0.9 g
Total Sugars	0 g
Protein	1.1 g

Meal Component Information:

Meal Components	Amount
Starchy Vegetable	0.5 cup