

SALADS, SALAD DRESSINGS, AND RELISHES No.M 004 00

FRIJOLE SALAD

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	12 g	2 g	2 g	0 mg	247 mg	30 mg

Ingredient

BEANS,KIDNEY,DARK RED,CANNED,DRAINED
 SALAD DRESSING,FRENCH,PREPARED,L/C
 CABBAGE,GREEN,FRESH,SHREDDED
 TOMATOES,FRESH,CHOPPED
 CUCUMBERS,FRESH,PEELED,SLICED

Weight

4-2/3 lbs
 4-5/8 lbs
 8-5/8 lbs
 6-1/3 lbs
 3-2/3 lbs

Measure

3 qts
 2 qts
 3 gal 2 qts
 0 gal 4 qts
 3 qts 2 cup

Issue

10-3/4 lbs
 6-1/2 lbs
 7-1/4 each

Method

- 1 Drain beans; rinse well; drain.
- 2 Combine beans and French Dressing.
- 3 Cover; refrigerate at least 6 hours. CCP: Hold for service at 41 F. or lower.
- 4 Add cabbage, tomatoes, and cucumbers just before serving. Mix lightly.