

SALADS, SALAD DRESSINGS, AND RELISHES No.M 039 00

CORN RELISH

Yield 100

Portion 2-1/2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	6 g	1 g	0 g	0 mg	95 mg	4 mg

Ingredient

Weight

Measure

Issue

CORN,CANNED,WHOLE KERNEL,DRAINED	4-1/3 lbs	3 qts	
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
PIMIENTO,CANNED,DRAINED,CHOPPED	4-1/4 oz	1/2 cup 2 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
SALAD DRESSING,FRENCH,FAT FREE	1-1/8 lbs	2 cup	

Method

- 1 Combine corn, celery, onions, peppers, pimientos, and pepper.
- 2 Add Fat Free French Dressing or French Dressing Recipe No. M 058 00; mix well.
- 3 Cover; refrigerate 6 hours or until flavors are blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

- 1 Serve as a relish with meat or fish. If served as a salad, double recipe. EACH PORTION: 1/3 Cup or 2 ounces.