

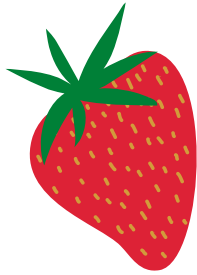


JERSEY TASTES! RECIPES

Strawberry Black Bean Salsa

INGREDIENTS

FAMILY-SIZE
SERVES 4-6



For the salsa:

- 1 pint fresh strawberries, diced
- 3/4 cup cilantro, chopped
- 1 jalapeno, seeded and diced
- 1 lime, juiced
- 1/2 red onion, diced
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste

For the black beans:

- 1 15 ounce can of black beans, rinsed and drained
- 1 small lime, juiced
- 1/2 teaspoon of cumin
- salt and pepper to taste.

SCHOOL FOOD SERVICE
PORTIONS: 24

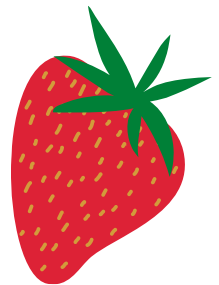


For the salsa:

- 4.75 lbs. or 6 pints of strawberries
- 2 cups cilantro, chopped
- 3 jalapenos, seeded and diced
- 1/2 cup lime or lemon juice or 4 limes or lemons
- 1 medium red onion or 1 cup, diced
- Salt and pepper to taste

For the black beans:

- 1.75 #10 cans of black beans
- 1/2 cup lime or lemon juice, 4 each limes/lemons
- 1 tablespoon cumin
- Salt & pepper to taste



PORTION SIZE: 1 cup Strawberry-Black Bean Salsa = 1/2 cup fruit & 2 oz. meat alternate or 1/2 cup veg/legumes

Add tortilla chips, taco shells or soft tortilla for a complete meal!



DIRECTIONS

01

Put all the salsa ingredients in a bowl and carefully mix together.

02

To prepare the black beans, heat them up in a pan for 5 minutes and season with lime, cumin, salt and pepper. Stir well.

03

Either serve the salsa in a taco shell or with tortilla chips or serve along a favorite protein of your choice for a healthy and tasty meal. Top with feta or another favorite cheese if you prefer.

Fun Fact:
The strawberry is the only fruit with seeds on the outside rather than on the inside.

RECIPES MADE IN COLLABORATION WITH:

