



Confetti Corn Salad

Fall Winter Spring **Summer**

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	80 kcal
Protein	1.61 g
Carbohydrate	12.95 g
Total Fat	3.13 g
Saturated Fat	0.48 g
Cholesterol	0 mg
Vitamin A	1514.24 IU
Vitamin C	27.37 mg
Iron	0.33 mg
Calcium	11.16 mg
Sodium	46.31 mg
Dietary Fiber	1.85 g

EQUIVALENTS: ½ cup provides ¼ cup starchy vegetable and ¼ cup other vegetable.

Recipe HACCP Process: #1 No Cook

Confetti Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Bell peppers		8 medium	1 Stem, core and seed peppers. Cut into ¼-inch dice.
Celery stalks		6 large	2 Trim celery and cut into ¼-inch dice.
Carrots		4 medium	3 Trim and peel carrots. Cut into ¼-inch dice.
Cider vinegar		1 cup	4 Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.
Canola oil or vegetable oil		½ cup + 2 Tblsp	
Brown sugar		6 Tblsp packed)	
Water		¼ cup	
Ground dried oregano		2 tsp	
Kosher salt		1 tsp	
Freshly grated orange zest		½ tsp	
Sweet corn kernels, fresh or frozen (thawed)	5 lb	2 gal	

NOTES

