



COWBOY SALSA WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2.25 oz. Meat/MA – (½ c. black beans/pinto beans + .25 oz. cheese)
3/8 c. Vegetables
 1/8 c. Red/Orange (red bell pepper)
 1/8 c. Other (red onions)
 1/8 c. Starchy (corn)
1 oz. eq. Grains (.75 oz. FRITOS® Original Corn Chips)

Cowboy Salsa with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
FRITOS® Original Corn Chips	100 - .75 oz. bags	.75 oz.
USDA Black Beans, canned (100359)	1 Gal. + 2 Qts. + 1 c.	1/4 c.
USDA Pinto Beans, canned (100365)	1 Gal. + 2 Qts. + 1 c.	1/4 c.
USDA Corn, canned (100313)	3 Qts. + 1/2 c.	1/8 c.
Red Bell Peppers, chopped	3 Qts. + 1/2 c.	1/8 c.
Red onions, chopped	3 Qts. + 1/2 c.	1/8 c.
Jalapenos, fresh, chopped	1/2 c. + 1 tsp.	1/4 tsp.
USDA Vegetable Oil (100439)	1 Qt. + 1 Pt. + 1/4 c.	1 Tbsp.
Cider Vinegar	1 Qt. + 1 Pt. + 1/4. cup	1 Tbsp.
Sugar, granulated	1 Qt. + 2 Tbsp.	2 tsp.
Black Pepper	1/2 c. + 1 tsp.	1/4 tsp.
USDA Cheese, cheddar, yellow, shredded (100012)	1.56 lbs.	.25 oz.

PREPARATION

1. Drain beans and corn. Dice red bell pepper, onions and jalapenos. Combine all vegetables in a large bowl.
2. Prepare dressing by combining oil, vinegar, sugar, black pepper. Whisk to combine. Add to vegetable mixture and chill overnight.
3. Serve with 1 bag (.75 oz.) FRITOS® Original Corn Chips or a .75 oz. serving (bulk bag).

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	433
Saturated Fat	4.1g
Sodium	322mg