



Kalyn Burnell

March 21, 2013

- **Rotation:** FUSD foodservice management
- **Assignment:** The intern will submit a 1-page report discussing 1.) at least 1 recipe or menu developed, 2.) a copy of the recipe or menu, and 3.) your experience in this process.
- **Competency:** CRD 3.6 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals

One of the new meal pattern regulations the USDA implemented starting July 1st, 2012 was that ½ cup of beans are required to be offered to the students weekly. In order to meet the new requirements FUSD created a cold three bean salad recipe which included; green beans, pinto beans, and kidney beans. Unfortunately, the salad has not gone over well with the students or staff members and I was asked to create a new cold bean salad that would offer variety, taste, and also be easy to prepare.

My original recipe started off as a Mexican black bean and corn salad with black beans as the main ingredient. My ideas changed when I met with the buyer and learned how critical space for inventory was. With the large output that FUSD produces each day finding space for new inventory, like the black beans would be, is very challenging. It would also increase cost as they would have to order black beans instead of using the pinto beans that they already have in stock. Due to these reasons, I created a salad with pinto beans and vegetables.

The salad is called Pinto Bean Salad. It has pinto beans, tomatoes, bell peppers, and cilantro along with lime and lemon juice, olive oil, garlic, and pepper mixed in. The salad will be desirable to a range of students and will contain seasoning/spice that the previous salad didn't have.

By adding the salad to NutriKids I was able to determine the nutrient content for each serving. One serving size is 1 cup of salad. One serving counts as ½ cup of vegetable and meets the calorie, fat, and saturated fat requirements. This salad is also a good source of fiber with 10 grams per serving and can be equally substituted with the previous salad that was being offered.