

SOUTHERN CORNBREAD SALAD



Ingredients

8 Ounces Cornbread, enriched or whole grain-rich
 ½ Cup Sour Cream
 ½ Cup Mayonnaise
 1 Tablespoon Ranch Salad Dressing Mix
 ½ Cup Seeded and Chopped Fresh Tomatoes
 ½ Cup Chopped Red Pepper
 ½ Cup Chopped Green Pepper
 ½ Cup Thinly Sliced Green Onions
 1 Can (15oz each) Pinto Beans, rinsed and drained
 1 Cup Shredded Cheddar Cheese
 2 Cups Frozen Corn, thawed

Directions

1. Crumble cornbread into small pieces.
2. Mix sour cream, mayonnaise, and salad dressing mix until blended.
3. In a separate bowl, combine tomatoes, peppers, and green onions.
4. In a 2-qt bowl layer half of each: cornbread, pinto beans, tomato mixture, cheese, corn, and dressing. Repeat layers.
5. Refrigerate 3 hours before serving.

Crediting

Provides a Grain/Bread, Meat/Meat Alternate and Vegetable at Lunch/Supper.

Toddler
 ⅔ Cup

Preschool
 1 Cup

School Age
 1⅓ Cups

Adult
 2 Cups