

COWBOY CAVIAR

RECIPE MAKES 6 servings

NUTRITION INFORMATION

Calories: 231

Total Fat: 3g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 351mg

Total Carbohydrate: 42g

Fiber: 13g

Added Sugars: 2g

Protein: 11g

Marion County Public Health Department
NUTRITION SERVICES

COWBOY CAVIAR

An easy dip or side dish packed with fresh flavors and vibrant colors. Sometimes known as "Texas Caviar" this recipe highlights plant-based proteins and provides our bodies with both soluble and insoluble fiber. Topped with cilantro for even more color and fresh flavor, this dish is sure to please! Keep it stored in the fridge; this recipe is even better the next day when flavors have had a chance to come together. White beans are also a great substitute if you don't have any black-eyed-peas on hand.

INGREDIENTS

1 (15 oz) can black-eyed-peas, rinsed and drained or 1 ½ cups cooked black-eyed peas

1 (15 oz) can black beans, rinsed and drained or 1 ½ cups cooked black beans

1 (15 oz) can tomatoes, rinsed and drained

1 (15 oz) can corn, rinsed and drained

1 bell pepper, seeded and diced (optional)

½ cup red onion, diced (optional)

1 avocado, pitted and diced (optional)

½ cup Italian dressing or make your own

Make Your Own Dressing (optional)

¼ cup oil

2 Tablespoons apple cider vinegar

Juice of 1 lime

1/4 teaspoon sugar

2 teaspoons garlic powder

1 teaspoon cumin

Salt & pepper to taste

DIRECTIONS

Drain and rinse canned black-eyed peas, canned black beans, canned tomatoes, and canned corn then combine into a large bowl.

Dice bell pepper and red onion and add to the bowl. (optional)

In a small bowl, combine all ingredients for dressing and mix thoroughly. (optional)

Pour in the Italian dressing (or homemade dressing) into the large bowl and stir to coat all the ingredients.

Chill in the refrigerator until cold and flavors have marinated together. Serve as a side dish, toss it in a wrap, top a salad or serve it as a salsa with a side of chips.

RECIPE NOTES

More Black-Eyed-Peas Please! Black-eyed peas are a protein-rich food that can be added to chilis, soups, salads, or casseroles. These protein packed peas will provide your body with extra fiber, antioxidants, and less saturated fat in comparison to animal-based proteins. Plant based proteins can help lower blood pressure and cholesterol, improve digestion, and reduce risk for chronic illnesses like type 2 diabetes or heart disease. NOTE: If using canned black-eyed-peas be sure to rinse and drain well to remove extra sodium. If using dried black-eyed-peas, try soaking them overnight to help them cook faster and more evenly.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.