

Texas Caviar

<https://recipes.heart.org/en/recipe>

recipe is a classic and traditional Southern-American black-eyed pea salad that's full of flavor and fresh vegetables. Nutrition Facts: Calories 150 Per Serving; Protein 6g Per Serving; Fiber 5g Per Serving; Cost Per Serving \$1.29

Ingredients

30 ounces canned, reduced-sodium black-eyed peas (drained, rinsed)

2 green onions ((green part only), thinly sliced) 1 ear of corn (cut off cob) OR 1 cup fresh, frozen corn (thawed)

1 small bell pepper, yellow or red, seeded, stems discarded, diced

1/2 cup fresh cilantro (chopped)

3 fresh jalapeño peppers (seeded, diced)

2 cups tomatoes (diced) OR 14.5 oz. canned, no-salt-added, diced tomatoes

3 clove fresh garlic (minced) OR 3 teaspoons jarred, minced garlic

2 tablespoons extra virgin olive oil

2 tablespoons lime juice

1/2 teaspoon lime zest

1 teaspoon ground cumin

1/8 teaspoon salt fresh, ground Black pepper (to taste)

Directions

In a medium bowl, combine the black-eyed peas, green onions, corn, bell pepper, cilantro, jalapenos, tomatoes, and garlic. In a separate bowl whisk together the olive oil, lime juice, zest, and cumin.

Pour over vegetables, add salt and pepper and toss together until vegetables are coated completely oil blend.

Best if chilled for 2-3 hours.

Serve as a side dish or with whole grain pita chips.