

Texas Caviar

This recipe is a classic and traditional Southern-American black-eyed pea salad that's full of flavor and fresh vegetables.

Ingredients

8 Servings

+ 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 ounces 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)

 **1.29** Price
per serving

 **150** Calories
per serving

 **0.5 g** Sat. Fat
per serving

 **77 mg** Sodium
per serving

Directions

- 1 In a medium bowl, combine the black-eyed peas, green onions, corn, bell pepper, cilantro, jalapenos, tomatoes, and garlic.
- 2 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.
- 3 Serve as a side dish or with whole grain pita chips.

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