

RECIPE

Hero Vegetable: Black Eye Peas

Texas Caviar

Ingredients:

32 oz black-eyed peas, cooked
5 roma tomatoes, cored and diced
2 jalapenos, seeded and minced
1 small red onion, small diced
1/2 yellow or orange bell pepper, cored and small diced
1/4 cup chopped fresh cilantro
6 Tbs red wine vinegar
6 Tbs olive oil, full bodied not extra virgin
1/2 tsp salt
1/2 tsp ground black pepper
1/2 tsp garlic powder
1 tsp dried oregano
1 1/2 tsp ground cumin
gallon size ziplock bag

Directions:

In a mixing bowl combine the peas, tomato, jalapeno, red onion, bell pepper, and cilantro. Place all remaining ingredients in a ziplock bag, seal and give a good shake to combine the ingredients. Place both items in the refrigerator for 30 minutes allowing the flavors to come together. Add the dressing ingredients to the diced vegetables. Toss gently. Taste, adding salt and pepper if needed.

*I like to serve with blue tortilla chips. The colors really pop giving a nice presentation.