

Snack Smart

Heart-healthy recipe

February 2024



Texas Caviar

Ingredients:

- 30 ounces canned, reduced-sodium, black-eyed peas (drained, rinsed)
- 2 green onions (green part only), thinly sliced
- 1 cup fresh, frozen corn (thawed)
- 1 small bell pepper, yellow or red, seeded, stems discarded, (diced)
- ½ cup fresh cilantro (chopped)
- 3 fresh jalapeño peppers (seeded, diced)
- 2 cups tomatoes (diced)
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 3 clove fresh garlic (minced)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- ½ teaspoon lime zest
- 1 teaspoon ground cumin
- ⅛ teaspoon salt
- fresh, ground black pepper (to taste)

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 as a snack with whole grain pita chips.

Nutrition Facts:

Serving Size: ½ cup salsa and 6 chips

Per Serving: 150 calories; protein 6g; carbohydrates 23g; dietary fiber 5g; sugars 6g; total fat 4.5g; saturated fat 0.5g; cholesterol 0mg; sodium 77mg.

recipe from [recipes.heart.org](https://www.recipes.heart.org)