

Southern Caviar

Makes 24 servings

Ingredients

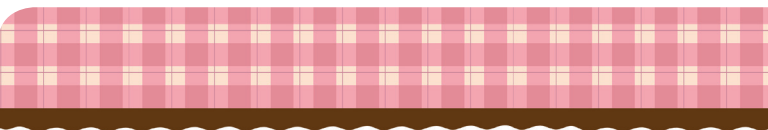
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|--------------------------------------------------------------|---------------------------------------------|
| 3 Roma tomatoes, seeds removed and diced | 2 serrano peppers, seeds removed and minced |
| 2 medium avocados, peeled and diced | 2 cloves garlic, minced |
| ½ cup diced sweet onion | ¼ cup chopped fresh cilantro leaves |
| 1 15-ounce can low-sodium black beans, drained | ⅓ cup cold-pressed avocado oil |
| 1 15-ounce can no-salt-added black eyed peas, drained | 2 tablespoons freshly squeezed lime juice |
| 1 ½ cups frozen corn, thawed | 2 tablespoons red wine vinegar |
| 1 medium green bell pepper, seeds and core removed and diced | ½ teaspoon freshly ground black pepper |
| | ¼ teaspoon ground cumin |

Directions

- In a large bowl, combine first 10 ingredients. Toss until well-mixed.
- In a small bowl, whisk together last 5 ingredients.
- Pour the dressing (made in step 2) over the ingredients in the large bowl (made in step 1). Toss until well-coated and enjoy!



APPETIZER OR SNACK



TIP

You can make this dish ahead of time, cover and place it in the refrigerator until you're ready to serve! Remember to give it one more toss just before serving to ensure the dressing doesn't settle to the bottom of the bowl.

♥ = heart smart ✕ = low sodium (GF) = gluten free

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Nutrition Facts

Serving Size 1/3 cup (81g)
Servings Per Container 24

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 3g

Vitamin A 4% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1 ½