

Texas Caviar

4 Servings • 1 Serving = ¾ Cup

Tips on Corn



How To Store

Store in a brown paper bag & place in the refrigerator for up to 1 week.



How To Use

Corn can be used in salsa, salads, soup, casserole, cake, fritters & puddings.



Health Benefits

Vision, immunity & heart health. Lowers the risk of some cancers.

INGREDIENTS

- 1 cup cooked black-eyed peas (if using canned, rinse and drain)
- 1 cup cooked sweet corn (if using canned, rinse and drain; if using frozen, thaw)
- ¼ green onion, finely chopped
- ¼ red bell pepper, finely chopped
- ¼ green bell pepper, finely chopped
- ¼ cup cilantro, chopped
- Juice of 1 lemon
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- ½ tablespoon extra virgin olive oil

DIRECTIONS

- Add black-eyed peas, corn, onion, bell peppers and cilantro to a large bowl.
- Pour lemon juice into the mix and gently stir.
- Season with cumin, salt, pepper and add the oil. Stir well to combine. Refrigerate about 30 minutes prior to serving.

Nutrition Facts

4 servings per container
Serving size ¾ Cup (170g)

Amount per serving
Calories **160**
% Daily Value*

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 408mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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