

Texas Caviar

4 Servings • 1 Serving = $\frac{3}{4}$ Cup

Tips on Black Eyed Peas



How To Store

Store dry black-eyed peas in an airtight container in a cool, dry space for up to 1–2 years.



How To Use

Soak dried peas 8-12 hours. Simmer or pressure-cook until tender. Use in stews, soups, salads, or as a side.



Health Benefits

High in plant-based protein & fiber for muscle support, digestion, & blood sugar control.

INGREDIENTS

- 1 cup cooked black-eyed peas
- 1 cup cooked sweet corn
- $\frac{1}{4}$ cup green onion, finely chopped
- $\frac{1}{4}$ cup red bell pepper, finely chopped
- $\frac{1}{4}$ cup green bell pepper, finely chopped
- $\frac{1}{4}$ cup cilantro, chopped
- $\frac{1}{4}$ cup lemon juice
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ Tablespoon extra-virgin olive oil

DIRECTIONS

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

Nutrition Facts

4 servings per container
Serving size $\frac{3}{4}$ Cup (170g)

Amount per serving
Calories **150**

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3mg	15%
Potassium 399mg	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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.

Caviar Tejano

4 Porciones • 1 Porción = ¾ Taza

Consejos Sobre Frijol Ojo de Cabra



Como Almacenar

Guarda los frijoles carita secos en un recipiente hermético, en un lugar fresco y seco, hasta por 1-2 años.



Como Usar

Remoja los frijoles secos durante 8-12 horas. Hiérvelos a fuego bajo o cocínalos en olla de presión hasta que estén suaves. Úsalos en guisos, sopas, ensaladas o como guarnición.



Beneficios Saludables

Alto en proteínas y fibra de origen vegetal para apoyar los músculos, la digestión y el control del azúcar en la sangre.

INGREDIENTES

- 1 taza de frijol ojo de cabra cocidos
- 1 taza de elote dulce cocido
- ¼ taza de cebolla verde, finamente picada
- ¼ taza de pimiento rojo, finamente picado
- ¼ taza de pimiento verde, finamente picado
- ¼ taza de cilantro, picado
- ¼ taza de jugo de limón
- 1 cucharadita de comino molido
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra molida
- ½ Cucharada de aceite de oliva extra virgen

PREPARACIÓN

1. Agrega los frijoles carita, el elote, la cebolla, los pimientos morrones y el cilantro a un tazón grande.
2. Vierte el jugo de limón sobre la mezcla y revuelve suavemente.
3. Agrega el comino, la sal, la pimienta y el aceite. Mezcla bien para combinar.
4. Refrigerera durante unos 30 minutos antes de servir.

Nutrition Facts

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

Amount per serving
Calories 150

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3mg	15%
Potassium 399mg	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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

Esta institución ofrece igualdad de oportunidades.