

TEXAS CAVIAR

Culinary Intro:	Texas Caviar is a simple bean salad that highlights black-eyed peas, a type of legume.
Nutrition Intro:	We prepared this colorful recipe at the Botanical Gardens Young Gardeners Camp; we highlighted the nutritional value of choosing a variety of colorful fruits and vegetables.

<p>Prep Time: 20 minutes Ingredients for: 4 servings Each serving = ¾ cup Cost per serving=\$0.44</p> <ul style="list-style-type: none"> • 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 red onion • ¼ red bell pepper • ¼ green bell pepper • small handful of cilantro • juice of lime • 1 teaspoon ground cumin • ¼ teaspoon salt • freshly ground black pepper • ½ Tablespoon extra-virgin olive oil <p>Steps:</p> <ol style="list-style-type: none"> 1. Measure out 1 cup of cooked black-eyed peas into a large bowl. 2. Add 1 cup of cooked sweet corn. 3. Finely chop the red onion, red and green bell pepper. Add to the bowl. Cut the lime in half and squeeze the juice of the lime into the bowl. 4. Season with cumin, salt, pepper, and add the olive oil. Stir well. Let the salad sit for half an hour before eating. 	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • origins of black-eyed peas: Africa→staple of Southern cuisine • black-eyed peas cook quickly; may be eaten raw • black-eyed peas→lucky food, eaten on NYE in the hopes to bring prosperity • offer other substitutes, such as black beans • discuss technique for using canned foods (rinse & drain) <p>Nutrition:</p> <ul style="list-style-type: none"> • Black-eyed peas-legume, low-fat, cholesterol free, and high in protein- healthy alternative source of protein. • In CHEF we promote choosing plant-sources of food. 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<div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size ¾ cup (157g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Calories 120</td> <td style="width: 50%;">Calories from Fat 30</td> </tr> <tr> <td colspan="2" style="text-align: center;"><small>% Daily Value*</small></td> </tr> <tr> <td>Total Fat 3.5g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td> Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td> Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 180mg</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Total Carbohydrate 21g</td> <td style="text-align: right;">7%</td> </tr> <tr> <td> Dietary Fiber 4g</td> <td style="text-align: right;">16%</td> </tr> <tr> <td> Sugars 4g</td> <td></td> </tr> <tr> <td>Protein 5g</td> <td></td> </tr> </table> <p style="font-size: small;">Vitamin A 6% • Vitamin C 40% Calcium 2% • Iron 6%</p> <p style="font-size: x-small;">*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <table style="font-size: x-small; width: 100%;"> <tr> <td></td> <td style="text-align: center;">Calories:</td> <td style="text-align: center;">2,000</td> <td style="text-align: center;">2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p style="font-size: x-small;">Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p> </div>		Calories 120	Calories from Fat 30	<small>% Daily Value*</small>		Total Fat 3.5g	5%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 180mg	8%	Total Carbohydrate 21g	7%	Dietary Fiber 4g	16%	Sugars 4g		Protein 5g			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
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Culinary:

Celebrate regional and seasonal foods when preparing other dishes in this fresh and easy to prepare recipe.

Nutrition:

In the teaching kitchen, we will provide hands-on and practical nutrition education to patients and the community.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place cups/ bowls 5. lime squeezer 6. 1 large plate for presentation 7. 1 plate for displaying ingredients 8. silicone spatula 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • 1 pound fresh black eyed peas • 1 small red onion • 1 red bell pepper • 1 green bell pepper • 1 lime • 1 small bunch cilantro • Boston Bibb lettuce 	
	<p>Condiments</p> <ul style="list-style-type: none"> • ground cumin • salt • black pepper • extra virgin olive oil 	
	<p>Frozen</p> <ul style="list-style-type: none"> • 1 bag sweet corn 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> • small plates for serving • forks • napkins 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Cook, cool, and store black-eyed peas and corn (is using fresh) as needed
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the onion, red bell pepper and cilantro intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: 1 hour