

Black-Eyed Pea Salsa/Salad (aka Cowboy Caviar)

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Ingredients:

1 can of rinsed and drained black-eyed peas
1/2 cup frozen sweet white corn (it will thaw)
1 medium grated carrot (largest holes of a box grater)
Half a small green pepper, seeded & diced
Half a small red pepper, seeded & diced
Two small diced tomatoes
Half of a small red onion, diced
1/4 tsp garlic powder
1/4 tsp salt
1/4 tsp black pepper
1/2 tsp ground cumin
Pinch of red pepper flakes
Zest and juice of one lime
2 TBSP apple cider vinegar
2-3 TBSP extra virgin olive oil
Medium handful fresh cilantro, chopped

Method:

Mix everything together and stir. Adjust seasonings to your taste, if needed. This salsa/salad is also good with diced avocado added to it right before serving.

Serve with scoop chips or whole grain crackers or on a bed of salad.