

Mississippi Caviar

Patricia Griffith
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Servings: 16

Yield: 8 cups

*1 can (15 ounce) black-eye peas,
drained*

*1 can (15 ounce) black beans,
drained*

1 can (15 ounce) corn, drained

2 tomatoes, diced

1 medium onion, diced

1 medium green bell pepper, diced

3 tablespoons (8 cloves) minced garlic

1/2 cup chopped cilantro

*1 jalapeno pepper, chopped
juice of one lime*

*1 package (.7 ounce) dry Italian
dressing mix (such as Good Seasons)*

1/2 cup extra-virgin olive oil

1/2 cup vinegar

In a large bowl, combine the blackeye peas, black beans, corn, tomatoes, onion, bell pepper, garlic, cilantro, jalapeno and lime juice. Stir well.

In a bowl, combine the dressing mix, oil and vinegar. Pour over the pea mixture. Stir well.

Chill at least two hours.

Serve with tortilla chips.

Per Serving (excluding unknown items): 116 Calories; 7g Fat (52.8% calories from fat); 3g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	.1mg
% Calories from Fat:	52.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	36.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	62mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 11g
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 4mg
Potassium (mg): 267mg
Calcium (mg): 20mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 195IU
Vitamin A (r.e.): 19 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 116 Calories from Fat: 61

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	10%
Protein	3g	

Vitamin A	4%
Vitamin C	19%
Calcium	2%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.