

Texas Caviar

Ingredients:

- 2 cans black-eye peas (drained and rinsed)
- 1 can black beans (drained and rinsed)
- 1 small can chopped black olives
- 1 small can chopped green chilies
- 1 to 2 cloves garlic minced
- ¼ cup finely chopped sweet onion
- 4 to 6 scallions chopped
- 1 ½ cups finely chopped bell peppers
(You can use a combination of red, yellow ,orange and /or green bell peppers.)
- ¼ cup finely chopped fresh parsley
- 2 Tbsp chopped fresh cilantro
- 2 medium size tomatoes, chopped

Directions:

1. Place canned ingredients in a large mixing bowl.
2. Add chopped fresh vegetables
3. Add one small bottle of Wishbone Italian salad dressing.
4. Stir ingredients completely.

Shared by: Leslie Lilly, RN

Registered Dietician Notes:

Calories: 307
Protein: 24 g
Carbohydrates: 65 g
Fat: 2 g