

SOUTHWEST CAVIAR

From the U of I Extension

<http://web.extension.illinois.edu/ghhpsw/recipe/071201.html>

Ingredients

- 2 - 16oz cans black-eyed peas (cowpeas), rinsed
- $\frac{3}{4}$ cup onions, finely chopped
- 1 $\frac{1}{4}$ cup fresh cilantro or fresh parsley, finely chopped
- 2 cups of picante sauce or salsa
- 2 Tbsp. jalapeno pepper, chopped (optional)

Instructions

1. Combine all ingredients.
2. Chill before serving.
3. Serve as a side dish with tortilla chips as an appetizer.

Nutrition information per serving (not counting tortilla chips)

- Calories: 130
- Fat: 1g
- Calories from fat: 10
- Sodium: 825mg
- Dietary fiber: 6g

