

Texas Caviar



Makes 20 servings

Active time: **10 minutes**

Total time: **2 hours and 40 minutes**

Course: **Snacks**

This dressed-up version of Texas caviar (black-eyed pea salsa) has great made-from-scratch flavor.

Ingredients

- 1 pound dry black-eyed peas, sorted (about 2 1/2 cups)
- 16 cups cold water, divided
- 1 shallot, peeled and cut up
- ¾ cup extra-virgin olive oil
- ½ cup red-wine vinegar
- 1 tablespoon sugar
- 2 teaspoons Dijon-style mustard
- ¾ teaspoon salt
- ½ teaspoon dried Italian seasoning
- ¼ teaspoon ground black pepper
- dash cayenne pepper (optional)
- 3 red, green, and/or yellow sweet peppers, finely chopped
- 1 bunch green onions, thinly sliced (¾ cup)
- 1 diced pimientos, drained

Preparation

1. Bring peas and 8 cups of the water to boiling in a large pot. Remove from heat and let soak 1 hour (or soak peas in 8 cups cold water overnight). Drain, rinse and return to pot. Cover with 8 cups fresh water and bring to boiling. Reduce heat and simmer, covered, about 30 minutes or until peas are tender. Drain and transfer to a large bowl.
2. Meanwhile, in a blender combine the shallot, oil, vinegar, sugar, Dijon, salt, Italian seasoning, black pepper and cayenne, if desired. Cover and blend until smooth.
3. Pour dressing over warm peas in bowl. Cover and let peas cool in the dressing, stirring occasionally. Stir in sweet peppers, green onions and pimientos.

Nutrition

Per Serving: 95 calories; 5 g carbohydrates; 8 g fat (1 g sat, g mono); 1 g protein; 0 mg cholesterol; 1 g dietary fiber; 118 mg potassium; 102 mg sodium. Nutrition bonus: 35 mg Vitamin C, 28 µg Folate, 20 mg Calcium, 1 mg Iron, 486 IU Vitamin A

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