

ALABAMA BLACK-EYED PEAS AND COLLARD GREENS CAVIAR*

Yield: ~4 Portions

Serving size: ½ cup

| Ingredients | Amount |
|--|---------------|
| <i>Dressing</i> | |
| Canola oil | 2 Tbsp. |
| Red wine vinegar | 2 Tbsp. |
| Dijon mustard | 1 tsp. |
| Honey | 1 tsp. |
| Worcestershire sauce (can substitute with soy sauce) | ½ tsp. |
| Cayenne pepper | ½ tsp. |
| Salt | ¼ tsp. |
| <i>Caviar</i> | |
| Black-eyed peas (15-oz. can), rinsed and drained | 1 ea. |
| Collard greens, leaves roughly chopped and stems small diced | 2 cups |
| Red onion, small dice | ¼ ea. |
| Celery stalks, small dice | 2 ea. |
| Bell pepper, small dice | ¼ ea. |
| Garlic, minced | 2 ea. |

Method

1. *For the Dressing:* In a mason jar, combine all ingredients.
2. Secure lid and shake until ingredients are fully incorporated, set aside.
3. *For the Caviar:* In a large bowl, add peas, collard greens, red onion, celery stalks, bell pepper, and garlic to the bowl.
4. Add dressing to caviar mixture and stir to combine.
5. Store in an airtight container in the refrigerator for up to 5 days.
6. Serve cold or room temperature.

Variation: Substitute collard greens for any dark leafy green.

Note: This dish works great with corn, tomatoes, or any chopped vegetable (carrots, peas, etc).

Nutrition Information (per portion/serving)

Calories: 165 / Protein: 6 g / Carbohydrate: 20 g / Fiber: 5 g / Carbohydrate to fiber ratio: 4

Saturated fat: .5 g / Polyunsaturated fat: 2 g / Monounsaturated fat: 4.5 g

Trans fat: 0 g / Sodium: 160 mg / Potassium: 310 mg / Added sugar: 1.5 g

**This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: John "Wesley" McWhorter as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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