



Classic Cowboy Craveable Caviar + Texan Campfire Quesadillas + Warm Cowgirl Cocoa Mugs

By Dylan Sabuco

Prep Time 17 / Cook Time 30 / Serves 4 - 6

Shopping List

☐ FRESH AND FROZEN

☐ 1 medium tomato

☐ 1 ripe avocado

☐ 2 green onions, diced

☐ 1 bell pepper, diced

☐ 2 T cilantro, chopped

☐ 1/2 cups frozen sweet corn

☐ DAIRY

☐ 1 to 1 1/2 C shredded cheddar cheese, or a blend of your choice ****(see allergy subs below)****

☐ 3 C milk ****(see allergy subs below)****

☐ PANTRY

☐ 1 12-oz can black eyed peas ****(see allergy subs below)****

☐ 2 T vegetable oil ******

☐ 1 tsp vinegar (apple cider is best)

☐ 1 tsp salt

☐ 2 pinches ground black pepper

☐ 1 pinch chili powder (or ground black pepper)

- ☐ 1 tsp cumin
- ☐ 1 tsp garlic powder
- ☐ 12 to 24 corn or flour tortillas ****(see allergy subs below)****
- ☐ 1/2 C dark or milk chocolate chips ****(see allergy subs below)****
- ☐ 2 T brown sugar
- ☐ 1/4 tsp ground cinnamon

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

mix: to thoroughly combine two or more ingredients until uniform in texture.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Large mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Medium mixing bowl
- ☐ Wooden spoon

- ☐ Can opener
- ☐ Strainer
- ☐ Large skillet
- ☐ Medium bowl
- ☐ Measuring cups
- ☐ Heat-resistant spatula turner
- ☐ Large saucepan
- ☐ Whisk

Ingredients

Classic Cowboy Craveable Caviar

- ☐ 1 medium tomato ****(Omit for NIGHTSHADE ALLERGY or sub diced carrot, beets, or apple)****
- ☐ 1 ripe avocado
- ☐ 2 green onions, diced
- ☐ 1 bell pepper, diced ****(Omit for NIGHTSHADE ALLERGY or sub diced cucumber, celery, or zucchini)****
- ☐ 2 T cilantro, chopped
- ☐ 1/2 C frozen sweet corn
- ☐ 2 T vegetable oil ******
- ☐ 1 tsp vinegar (apple cider is best)
- ☐ 1/2 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp garlic powder
- ☐ 1 12-oz can black-eyed peas, rinsed and drained ****(for LEGUME ALLERGY sub 1 small pkg fresh or frozen cauliflower rice)****

Texan Campfire Quesadillas

- ☐ 1 to 1 1/2 C shredded cheddar cheese, or a blend of your choice ****(for DAIRY ALLERGY sub dairy-free shredded cheddar cheese, like Daiya)****
- ☐ 1/2 tsp salt

- ☐ 1 pinch ground black pepper
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp garlic powder
- ☐ 12 corn or flour tortillas **** (for GLUTEN ALLERGY use corn tortillas) ****

Warm Cowgirl Cocoa Mugs

- ☐ 1/2 C dark or milk chocolate chips **** (for CHOCOLATE ALLERGY sub carob chips; for NUT/DAIRY/SOY ALLERGY use Enjoy Life chocolate chips) ****
- ☐ 2 T brown sugar
- ☐ 1 pinch + 1 dash ground cinnamon
- ☐ 1 pinch ground black pepper or chili powder
- ☐ 3 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****

Food Allergen Substitutions

Classic Cowboy Craveable Caviar

Nightshade: Omit tomato or substitute diced carrot, beets, or apple. Omit bell pepper or substitute diced cucumber, celery, or zucchini.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Legume: For 1 12-oz can of black-eyed peas, substitute 1 small pkg of fresh or frozen cauliflower rice.

Texan Campfire Quesadillas

Dairy: Substitute dairy-free shredded cheddar cheese, like Daiya brand, for cheddar cheese in Quesadillas.

Gluten/Wheat: Use corn tortillas (not flour tortillas) for Quesadillas.

Warm Cowgirl Cocoa Mugs

Chocolate: Substitute carob chips for chocolate chips.

Dairy: Use Enjoy Life brand chocolate chips in Cocoa Mugs. Substitute dairy-free/nut-free milk for milk.

Nut: Use Enjoy Life brand chocolate chips.

Soy: Use Enjoy Life brand chocolate chips.

Instructions

Classic Cowboy Craveable Caviar

chop + measure

Roughly chop **1 medium tomato, 1 ripe avocado, 2 green onions, 1 bell pepper**, and **2 tablespoons cilantro** and combine in a large mixing bowl. Next, measure **1/2 cup frozen sweet corn, 2 tablespoons vegetable oil, 1 teaspoon vinegar, 1/2 teaspoon salt, 1 pinch of black pepper, 1/2 teaspoon cumin**, and **1/2 teaspoon garlic powder**, and add them all to the mixing bowl of veggies.

drain + mix

Lastly, rinse and drain **1 can of black eyed peas** and add that to the mix. Fold all the ingredients together and taste. If the Cowboy Caviar needs more flavor, add another pinch of salt and pepper. Serve this tasty snack with tortilla chips or, even better, alongside **Texan Campfire Quesadillas!**

Texan Campfire Quesadillas

measure + mix

Measure and combine **1 to 1 1/2 cups shredded cheddar cheese, 1/2 teaspoon salt, 1 pinch of black pepper, 1/2 teaspoon cumin**, and **1/2 teaspoon garlic powder** in a medium bowl. Set this bowl aside while you heat up a large skillet and gather the tortillas.

toasting tips

Make sure your skillet is dry; oil and water in the skillet will lead to a less than golden brown result. It is important for these quesadillas to be toasty and brown (almost like you made them on a campfire).

layer + toast

Build the quesadilla in the skillet on medium low heat. Lay down as many tortillas in the skillet as will fit, making sure not to overlap. Then, add 2 to 3 tablespoons of the cheese and spice mixture to each tortilla. You can fold these tortillas in half to shape the quesadillas like a half moon, or lay another tortilla over the top of each one and press down with a spatula. After you have assembled as many quesadillas that will fit in the skillet, cook them for 4 to 5 minutes before flipping the quesadillas over and cooking for 2 more minutes on the other side.

melt + serve

Make sure each quesadilla is golden brown and toasty on both sides before serving with a scoop of **Classic Cowboy Craveable Caviar!** Enjoy y'all!

Warm Cowgirl Cocoa Mugs

measure + melt

Measure and combine **1/2 cup chocolate chips, 2 tablespoons brown sugar, 1 pinch of cinnamon**,

and **1 pinch of black pepper** (or chili powder) in a large saucepan over low heat. Add a splash of milk and stir until melty and smooth.

drizzle + whisk

Slowly drizzle the remaining **3 cups of milk** into the pot, whisking constantly until all the milk and chocolate is combined. Turn the heat to medium low. Heat for about 5 minutes or until the milky mixture is steaming. Add a dash of cinnamon to the bottom of each mug or cup before serving this belly warming cocoa concoction!

Featured Ingredient: Black-eyed Peas!

Hi! I'm Black-eyed Pea!

"But don't worry, I haven't been in a fistfight. My black eye isn't a bruise but more of a black circle where I was connected to my pod. Besides, we get along well with others, especially rice, veggies, and pork!"

History

The black-eyed pea or bean is a subspecies of the cowpea and part of the family of legumes that includes beans and peas. Although called a pea, it is actually a bean.

Black-eyed peas originated in Africa thousands of years ago. Enslaved Africans brought them to the American colonies in the 17th century.

There is a legend that Sherman's Union army raided the Confederate army's food supplies during the Civil War but ignored black-eyed peas and salted pork because they thought they were only for animal feed. Instead, these rejected foods came to represent good luck for the South because they would survive on them during the winter.

On New Year's Day, in the American South, they traditionally eat a black-eyed pea dish called Hoppin' John with collard greens and cornbread to ensure a prosperous new year. The peas symbolize coins, the greens represent paper money, and the cornbread symbolizes gold.

Anatomy

Black-eyed peas are small beans with a black circle, or eye, in their slight curve. This spot is where the bean is attached to the pod. They grow in narrow pods, about 3 to 6 inches long, and each pod contains an average of 6 to 13 beans.

A black-eyed pea plant can be either a bush or a vine and likes to grow in warm soil.

There are several varieties of black-eyed peas, including heirlooms. The common type found in stores is the California Blackeye, a greenish-white bean with a black spot. Others may have a pink, red, brown, or green eye.

How to Pick, Buy, & Eat

The correct harvest time for black-eyed peas is determined by how you will use them. If you want to add whole pods with beans to a stir-fry or snap them like green beans, pick green and immature pods. If you prefer to shell and cook the beans, wait until the pods have matured, start to turn yellow, and the beans inside look plump. For dried beans, pick the pods when they are dry and have turned brown.

Refrigerate fresh black-eyed pea pods for up to two weeks.

Shell the beans by pulling open the pods and using your thumb to pop them into a container.

You can add black-eyed peas to salads, soups, stews, and fritters.

For Hoppin' John, a Southern black-eyed pea and rice dish often served on New Year's Day. In addition to the beans and rice, other ingredients may include onion, bell pepper, celery, garlic, salt, black pepper, cayenne or pepper sauce, water or chicken broth, and bacon or ham hock.

Texas Caviar is the name of a black-eyed pea dish created in Texas around 1940. The black-eyed peas are marinated in a vinaigrette dressing and served with tortilla chips.

Nutrition

Black-eyed peas are high in protein, fiber, folate (B9), vitamin A, manganese, phosphorus, and iron.

The fiber in black-eyed peas aids digestion, and their protein content makes them a good meat substitute, like other beans.