



## **No-Cook: Classic Cowboy Craveable Caviar**

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 0 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH AND FROZEN

☐ 1 medium tomato **\*\*(see allergy subs below)\*\***

☐ 1 ripe avocado

☐ 2 green onions

☐ 1 bell pepper **\*\*(see allergy subs below)\*\***

☐ 2 T cilantro

☐ 1/2 C frozen sweet corn

☐ PANTRY

☐ 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 **\*\*(see allergy subs below)\*\***

☐ "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)

☐ 4 C water

☐ 2 C ice

☐ Choose 1 or more of the following fresh ingredients to flavor your water:

☐ 1 cucumber

☐ 1 lime

☐ 1 lemon

☐ 1 orange

☐ 1 mint sprig

## 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.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

## 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

☐ Pitcher

☐ Measuring cups

## 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)\*\***

### "Water You Cooking Up?" Flavored Water

- ☐ 4 C water
- ☐ 2 C ice
- ☐ Choose 1 or more of the following fresh ingredients to flavor your water:
  - ☐ 1 cucumber
  - ☐ 1 lime
  - ☐ 1 lemon
  - ☐ 1 orange
  - ☐ 1 mint sprig

## 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.

"Water You Cooking Up?" Flavored Water

## 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!**

"Water You Cooking Up?" Flavored Water

#### chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

## 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.