

Country Caviar



Totals are for each ½ cup serving – makes six:

Calories 75 Fat 25g Fiber 2.25g Carbs 13.75g

What you'll need:

- 1 15 oz Can black eyed peas
- ¼ Cup fat free Zesty Italian dressing
- ½ Red bell pepper, finely chopped
- ½ Green bell pepper, finely chopped
- ¼ Cup onion, finely chopped

½ tsp Tony Chachere's Creole seasoning

1 tsp Garlic salt

Colander

A gallon baggie

Let's get to cooking!

1. Open black-eyed peas, empty into colander and thoroughly rinse.
2. Place peas and all other ingredients into gallon baggie.
3. Add seasonings and then taste to see if you need more.
4. Refrigerate overnight – if possible – occasionally turning baggie to distribute seasonings.
5. Serve with reduced fat tortilla chips or my Whole Wheat Chips (see recipe)

I call this dip a conversation starter. I have never taken this to a party that it didn't become a topic of conversation. Not only is it delicious and everyone wants the recipe, but a black-eyed pea dip is not as common as you'd think.

Loving black-eyed peas inspired this **Kitty's Lighter Weigh** recipe!