



Tailgater Caviar

Nutrition Facts	
24 servings per container	
Serving size	1/4 cup (114g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 195mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



\$5.88 per recipe

Ingredients:



1, 15-ounce can low-sodium black beans



1, 15-ounce can no-salt-added black-eyed peas



1, 15-ounce can no-salt-added white corn



1, 15-ounce can no-salt-added yellow corn

Meal Idea

Tailgater Caviar



Grilled pork



Cheese wedge



2, 10-ounce cans no salt added mild diced tomatoes, and green chilies



1 1/2 cups light Italian dressing



Salt, pepper and garlic powder to taste



Optional ingredients: onion, bell pepper, jalapeño pepper, and cilantro

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Tools Needed:



can opener



colander



large
mixing
bowl



mixing
spoon



liquid
measuring
cup



cutting
board



chef's knife

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Open the cans of black beans and black-eyed peas. Pour into a colander, and rinse with water. Add to bowl.



3

Open cans of white corn, yellow corn, and 2 cans of diced tomatoes. Drain using a colander. Add to bowl.



4

Add 1 ½ cups Italian dressing, and stir to combine.



5

Add garlic powder, salt, and pepper to taste. Stir well.



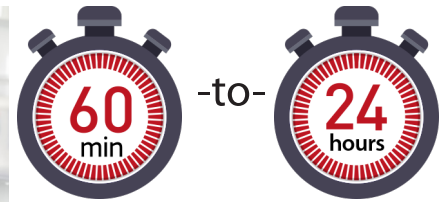
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Optional: Add diced bell pepper, diced onion, chopped cilantro, and/or minced jalapeño pepper. Be sure to wash all produce before cutting.



7

Cover, and let sit in the refrigerator for at least an hour but preferably overnight.



8

Serve with tortilla chips.



**recipe makes 24 servings*

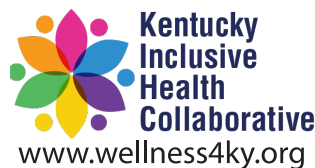
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Store leftovers in a covered container within 2 hours.
Eat within 3-4 days.



Source: Adapted from Jeffrey Hines, Lexington, Kentucky, 2011 Food and Nutrition Calendar.
<http://www2.ca.uky.edu/HES/FCS/NEPieces11/2011-NEPieces-10.pdf>

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This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.