

## Nourish Program's Texas "Caviar"

Yield: about 4 servings

Serving size: about ½ cup

### Amount:

### Ingredient:

#### Dressing

2 Tbsp	Canola oil
2 Tbsp	Apple cider vinegar
1 tsp	Dijon mustard
1 tsp	Honey
½ tsp	Worcestershire sauce
½ tsp	Cayenne pepper
¼ tsp	Kosher salt

#### Caviar

1 can	Black-eyed peas (15 oz), rinsed & drained
2 cup	Collard greens, stems fine chop, leaves rough chop (~ ½ bunch)
¼ each	Red onion, small dice (red or white)
2 each	Celery stalks, small dice
¼ each	Red bell pepper, small dice
2 each	Garlic cloves, minced

### Method:

#### Dressing

1. In a mason jar, combine all dressing ingredients.
2. Secure lid and shake until ingredients are fully incorporated, set aside

#### Caviar

1. In a large bowl, add peas, collard greens, red onion, celery stalks, bell pepper, and garlic to the bowl
2. Add dressing to caviar mixture and stir to combine.
3. Store in an airtight container in the refrigerator for up to 5 days

### Helpful Tips:

- Substitute any dark leafy green for collard greens (kale, mustard, turnip, etc.)
- Substitute any canned bean for black-eyed peas (kidney, black, etc.)
- Substitute low sodium soy sauce for Worcestershire sauce

### Equipment Needs:

- 12-16 oz mason jar
- Large mixing bowl
- Chef knife
- Cutting board
- Measuring spoons
- Can opener
- Strainer
- Nonslip padding
- Wooden spoons or rubber spatula
- Measuring cups