

Black-eyed Pea Veggie Dip

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About this recipe: American-South inspired. Bean-based appetizers are perfect as a snack, to take to a party, or as a lunch or dinner because they're incredibly healthy and delicious. Packed with fiber, vitamins, minerals, and antioxidants, these nutrients provide a nutrient-rich, satisfying, and filling meal. This dip also travels and saves well

Can help with side effects: If meat is making taste changes worse during cancer treatment, plant-based proteins can be better tolerated. A bean and veggie dip, where you can take small portions to help control early satiety and ease nausea, can help you increase your nutrition intake in a way that's easier to tolerate.

Yield: 4 cups (a serving is about ½ cup)

Timing: Prep Time = 10 minutes

Ingredients

2 tablespoons olive oil
3 tablespoons fresh lime juice
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 teaspoons hot sauce (tabasco, Sriracha, etc)
2 15.5-oz cans black-eyed peas, rinsed and drained
1 1/2 cups corn fresh, canned or frozen (thawed)
1 red bell pepper chopped
2 green onions, sliced thinly (green and white parts)
1 ripe avocado cut into small cubes
1/2 cup cilantro roughly chopped

Method of Preparation (Instructions)

1. In a small mixing bowl, whisk the olive oil, lime juice, cumin, salt, pepper, and hot sauce together.
2. In a separate large mixing bowl, combine the black-eyed peas, corn, bell pepper, onions, and avocado. Fold gently to combine.
3. Sprinkle with cilantro then drizzle with the dressing.
4. Fold to combine once more and serve with corn chips, crackers, or veggies.

NUTRITION PER SERVING: 170 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 543mg sodium, 23g carbohydrate, 6g fiber, 2.2g sugar, 0g added sugar, 6.5g protein, 365mg potassium, 854mg phosphorus