

COWBOY CAVIAR

Prep: 15 min. No cooking. Serves 6.

1 15-oz. can black-eyed peas, rinsed and drained.

4 scallions, thinly sliced.

2 small shallots, sliced into thin rings.

1 green pepper, seeded and chopped.

1 stalk celery, thinly sliced

1 plum tomato, chopped

3 Tbsp apple cider vinegar

½ tsp cinnamon

½ tsp dried marjoram, crumbled

½ tsp dried thyme

½ tsp salt

¼ tsp freshly ground pepper

2-4 dashes hot pepper sauce, to taste.

Combine ingredients in a medium bowl; toss well. Serve immediately; may be refrigerated up to 4 days.

Per serving (1/2 cup): 79 cal., 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 370 mg sodium, 17 g carbs, 5 g fiber, 4 g protein, 82 mg calcium. POINTS value = 1.

Can be served with celery, or endive leaf.