

Cowboy Caviar - CACFP

General Information

Recipe #	Category	Source
1756090	Vegetables 	Local

Ingredients

Name	Quantity	+Quantity 2
Vegetable oil, palm kernel	2 tbsp	
Sugars, granulated	1 tbsp.	
Vinegar, cider	1 tbsp + 1 tsp.	
Spices, chili powder	¼ tsp.	
Salt, table	¾ tsp.	
Tomatoes, red, ripe, raw, year round average	6 ¾ oz. diced	
Bush's Blackeye Peas 111 oz	5 ½ oz.	
Corn, sweet, yellow, canned, whole kernel, drained solids	4 ½ oz.	
Onions, raw	3 oz. chopped	
Peppers, sweet, red, raw	3 oz. diced	
Coriander (cilantro) leaves, raw	½ oz.	
Spices, pepper, black	¼ tsp. ground	

Preparation Instructions

HACCP Process: #1 - No Cook

- 1.Drain corn and set aside.
2. Dice tomatoes, red onions, and red bell peppers. Drain and rinse black eyed peas. Remove cilantro leaves from the stems, rinse and chop.
3. Make the dressing. In a large bowl, whisk together the oil, sugar, white wine vinegar, chili powder and salt.
4. Add tomatoes, black eyed peas, corn, red onion, bell peppers, and cilantro. Toss with dressing to combine.
5. Cover and chill until ready to serve.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.



Cowboy Caviar - CACFP

Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (118 gm)

Amount Per Serving	
Calories	95.315
% Daily Value*	
Total Fat	4.763gm 7.328%
Saturated Fat	3.627gm 18.133%
Trans Fat	0.000* gm
Cholesterol	0.000 mg
Sodium	416.557 mg 17.357%
Total Carbohydrate	12.096 gm 4.032%
Dietary Fiber	2.027 gm 8.109%
Total Sugars	5.361 gm
Includes 1.996 gm of Added Sugars	
Protein	2.472 gm 4.944%
Vitamin A	44.400* mcg RAE 4.933%
Vitamin C	23.735* mg 39.558%
Vitamin D	0.000 mcg
Calcium	16.339 mg 1.634%
Iron	0.770 mg 4.278%

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

Last Updated	Created
02-02-2026	02-26-2025

Potassium	231.187 mg	4.919%
Saturated Fat % of Calories		34.243 %
Added Sugar % of Calories		8.376 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Red/Orange	0.25 cups
Beans, Peas, and Lentils	0.125 cups
Starchy	0.125 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe