

Cowboy Caviar - NSLP

General Information

Recipe #	Category	Source
1756091	Vegetables	Local

Ingredients

Name	Quantity	Quantity + 2
Vegetable oil, palm kernel	1 c.	
Sugars, granulated	½ c.	
Vinegar, cider	½ c., 2 tbsp., 1 ¼ tsp.	
Spices, chili powder	2 tsp.	
Salt, table	2 tbsp.	
Tomatoes, red, ripe, raw, year round average	3 lbs., 8 oz. diced	
Bush's Blackeye Peas 111 oz	2 lbs., 12 oz.	
Corn, sweet, yellow, canned, whole kernel, drained solids	2 lbs., 6 oz.	
Onions, raw	1 lbs., 4 oz. chopped	
Peppers, sweet, red, raw	1 lbs., 8 oz. diced	
Coriander (cilantro) leaves, raw	4 oz.	
Spices, pepper, black	2 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.



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Serving Size	Yield
0.5 Cup	50.00

Nutrition Facts

Serving Size 0.5 Cup (116 gm)

Amount Per Serving		
Calories		94.408
		% Daily Value*
Total Fat	4.761 gm	7.324%
Saturated Fat	3.626 gm	18.128%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	416.466 mg	17.353%
Total Carbohydrate	11.884 gm	3.961%
Dietary Fiber	1.989 gm	7.955%
Total Sugars	5.265 gm	
Includes 1.996 gm of Added Sugars		
Protein	2.447 gm	4.894%
Vitamin A	44.400* mcg RAE	4.933%
Vitamin C	23.567* mg	39.279%
Vitamin D	0.000 mcg	
Calcium	15.817 mg	1.582%
Iron	0.765 mg	4.251%

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.

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 227.876 mg **4.848%**

Saturated Fat % of Calories **34.563%**

Added Sugar % of Calories **8.457%**

* 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 i

Not applicable.

Edit Recipe