

# Best Ever Easy Southern Caviar Dip

Yield: 12 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-caviar-dip-recipe>

## Ingredients:

- 1 1/2 cups peas cooked fresh white acre, or a 15 oz can of drained and rinsed black-eyed peas
- 15 ounces black beans drained and rinsed
- 1 1/2 cups fresh tomatoes
- 15 cans petite diced tomatoes
- 1 1/2 cups corn kernels fresh, or a 15 oz can of corn drained and rinsed
- 1/2 cup Vidalia onion finely diced, can substitute another type of onion, shallots or scallions
- 1 red bell pepper medium, finely diced
- 1 green bell pepper medium, finely diced
- 1 orange bell pepper or medium yellow, finely diced
- 2 seeds jalapenos, and ribs removed, finely diced, if you like heat include the seeds and ribs
- 1/2 cup cilantro finely diced, or parsley
- 1 avocado seeded and chopped, \*wait to add this until you are ready to serve
- 4 tablespoons fresh lime juice
- 1 tablespoon red wine vinegar
- 2 cloves garlic grated
- 4 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt or to taste
- 1/4 teaspoon ground black pepper or to taste

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams

8. Sodium: 570 milligrams

9. Sugar: 11 grams

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