

# Texas Caviar Dip

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/texas-caviar-dip-recipe-with-italian-dressing>

## Ingredients:

- 1 teaspoon canola oil
- 1 cup frozen corn thawed
- 2 cans black eyed peas 15 ounces each, drained and rinsed
- 2 Roma tomatoes seeded and diced
- 1 green bell pepper medium, cored, seeded and diced
- 1 sweet onions small Maui, peeled and diced
- 1 stalk celery diced
- 1 jalapeno pepper seeded and minced
- 1 cup Italian dressing
- salt
- pepper

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 74 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 26 grams
6. SaturatedFat: 2 grams
7. Sodium: 600 milligrams
8. Sugar: 6 grams

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