

Please Pass The Black-eyed Peas

(NAPSA)—Southerners are familiar with the tradition that eating black-eyed peas on the first day of the New Year brings good luck. But black-eyed peas are so delicious and nutritious, why wait for a special occasion? One reason many of



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today's busy cooks wait is because dried peas and beans typically require several hours of preparation. Ready-to-use black-eyed peas can be enjoyed right away without much fuss

any time of the year in soups, salads, stews, casseroles and dips. This quick, convenient option can be found in the supermarket produce department.

On the nutrition front, one-quarter cup of black-eyed peas provides 10 grams of dietary fiber, which is 40 percent of the daily value. They also offer 15 percent of the daily value of iron.

Eating a variety of fruits and vegetables every day is an essential part of a healthy lifestyle. Include fruits and vegetables from the five color groups each day. These groups are: blue/purple, green, white, yellow/orange and red. Tasty black-eyed peas reside in the white group.

Most moderately active teens and adults need about five cups of fruits and vegetables every day. Aim to fill half your plate with fruits and vegetables at every meal and make them your first choice as snacks.

For a wealth of information on fruits and vegetables, including recipes, visit these Web sites: www.melissas.com and www.5aday.org.

Texas Caviar

Melissa's black-eyed peas don't need to be pre-soaked and cooking them is not required for this recipe. Just stir all the ingredients to-



Black-eyed peas are a delicious way to get a helping of your daily fiber and iron.

gether and enjoy this delicious dip with old-fashioned saltine crackers or corn tortilla chips; or over grilled fish or chicken.

- 1 11 oz. tub Melissa's black-eyed peas (available in the produce section)**
- 1 15 oz. jar Melissa's fire-roasted, sweet red bell peppers**
- 1 bunch scallions thinly sliced**
- 1 tablespoon oregano**
- 1 tablespoon Tabasco sauce**
- 1 tablespoon Worcestershire sauce**
- 1 teaspoon black pepper**
- ½ cup chopped parsley**
- 3 jalapeno chilies, chopped**
- 1 plum tomato, chopped**
- 1 green bell pepper finely chopped**
- 3 cloves garlic, minced**

In a large bowl, stir all ingredients together until well combined. Refrigerate at least 4-6 hours, preferably overnight, in a covered container. Serves 10.

Nutrition Information per Serving: calories: 49, total fat: 0.13g, saturated fat: 0.02g, % of calories from fat: 2%, % of calories from saturated fat: 0.4%, protein: 4.14g, carbohydrates: 12g, cholesterol: 0mg, dietary fiber: 4.75g, sodium: 40.8mg

Note to Editors: *Eighty-first in a series of monthly 5-A-Day columns with more at www.napsnet.com; search "Pivonka." Elizabeth Pivonka's president, Produce for Better Health Foundation.*