



## EPISODE 7: TAILGATE PARTY

### **Oklahoma Caviar**

- 1 large tomato (diced)
- ½ cup green onions (chopped)
- 1 tsp. jalapeno (chopped fine; seeds optional)
- 1 can low-sodium black-eyed peas
- 1 can hominy (drained)
- ¼ cup light Italian dressing

### **Directions:**

*Chop green onions into quarter-inch bits. Dice tomato into chunks and dice jalapeno, removing seeds for milder taste. Mix hominy, black-eyed peas, green onions, tomato, jalapeno and Italian dressing into a large mixing bowl. Serve with tortilla chips.*

Note: This recipe can be prepared up to two days in advance of serving – and often tastes better when prepared ahead.

### **Vegetable and Bean Antipasto**

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|---------------------------|--|
| 2 tsp. vegetable oil      | 1¼ cups water                              |
| 1 medium onion            | 3 tbsp. cider vinegar                      |
| 1 small red bell pepper   | 5½ oz. tomato paste                        |
| 1 small green bell pepper | 2 cups canned white pea beans (Navy beans) |
| 1 cup carrots (diced)     | ¼ cup parsley (finely chopped)             |
| ½ cup green beans         | 1 tsp. salt                                |
| 1 tbsp. garlic (minced)   |  |

### **Directions:**

*Heat vegetable oil in a skillet on high heat. Add onions, carrots, green beans and peppers and sauté for two minutes. Add garlic and briefly sauté. Add tomato paste, vinegar, water and parsley, letting everything simmer for three minutes. Finally, add Navy beans and stir mixture for 20 seconds. Serve hot or cold with tortilla chips or pita chips.*