



OCTOBER RECIPE • 2011 FOOD AND NUTRITION CALENDAR

TAILGATER CAVIAR



- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can black-eyed peas, drained and rinsed
- 1 (15 ounce) can white corn, drained
- 1 (15 ounce) can yellow corn, drained
- 2 (10 ounce) cans mild diced tomatoes and green chilies, drained
- 1 (4¼ ounce) can of chopped black olives, drained
- 1½ cups of light Italian dressing
- Garlic powder, salt, and pepper to taste

1. Mix all ingredients and let sit in the refrigerator overnight.
2. Serve with tortilla chips.

OPTIONS: Add onion, green peppers, cilantro, or jalapeno peppers. Garnish with chopped parsley. Omit black olives to save about \$1.65.

MAKES 20 SERVINGS

Serving Size: ½ cup
Cost Per Recipe: \$8.98
Cost Per Serving: 45 cents

SOURCE: Jeffrey Hines, Lexington, Kentucky

NUTRITION FACTS PER SERVING:

110 calories; 3 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 710 mg sodium; 18 g carbohydrate; 2 g fiber; 3 g protein; 0% Daily Value of vitamin A; 6% Daily Value of vitamin C; 2% Daily Value of calcium; 4% Daily Value of iron

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GROCERY LIST

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- 1 (4¼ ounce) can of chopped black olives
- Light Italian dressing (need 1½ cups)
- Garlic powder (to taste)

MAKE IT A MEAL

- **Tailgater Caviar (with corn chips)**
- Barbecued ribs
- Fire roasted sweet potatoes
- Cole slaw
- Fresh apple cake
- Assorted beverages

BEST BUYS

- Apples
- Cauliflower
- Pork

TIP

Clip and use coupons for items you usually purchase. Look for coupons in the Sunday newspaper, in the mail-in flyers, inside stores, and on grocery store receipts