



NORMAN A. PLATE

A spicy mixture of black-eyed peas, corn, and avocado serves as dip or salad.

Sunset's Kitchen Cabinet

As chef for Soirée Catering in Santa Ana, California, Leslee Mendel Coy constantly invents new recipes. She first developed this double-duty dish for a cooking contest. Although it didn't capture first prize, it's a winner with her clients. Start with a spicy base of black-eyed peas, tomatoes, corn, and avocado. Scoop it up with tortilla chips for an appetizer, or add cabbage and it becomes a coleslaw.

Cowboy Caviar

Leslee Mendel Coy
Lake Forest, California

Prep and cook time: About 30 minutes
Makes: 10 to 12 appetizer or 6 salad servings

- 2 tablespoons red wine vinegar
- 1½ to 2 teaspoons hot sauce
- 1½ teaspoons salad oil
- 1 clove garlic, minced
- ⅛ teaspoon pepper
- 1 firm-ripe avocado (about 10 oz.)

- 1 can (15 oz.) black-eyed peas
- 1 can (11 oz.) corn kernels
- ⅔ cup thinly sliced green onions
- ⅔ cup chopped fresh cilantro
- ½ pound Roma tomatoes, coarsely chopped
- Salt
- 1 bag (6 oz.) tortilla chips or 2 cups finely shredded cabbage

1. In a large bowl, mix vinegar, hot sauce, oil, garlic, and pepper. Peel, pit, and cut avocado into ½-inch cubes. Add to vinegar mixture and mix gently to coat.

2. Drain and rinse peas and corn. Add peas, corn, onions, cilantro, and

tomatoes to avocado; mix gently to coat. Add salt to taste. Serve pea mixture with chips as an appetizer, or add cabbage and mix to make a salad.

Per appetizer serving: 159 cal., 42% (66 cal.) from fat; 3.9 g protein; 7.3 g fat (1.3 g sat.); 22 g carbo (2 g fiber); 272 mg sodium; 0 mg chol.