



Southwest Black-eyed Pea Spread & Baked Tortilla Chips

Modified from The Phytopia Cookbook
(www.HealthStepsRx.com/shops/phytopia.htm)

Number of Servings: 8

Calories Per Serving: 177

CPF Ratio: 73-11-15

Cooking Instructions

- 1) Remove pepper stem and seeds. In a food processor, add garlic cloves and jalapeno pepper, then black-eyed peas, tahini and lemon juice. Process until smooth and creamy, pausing to scrape down the sides of the bowl.
- 2) Add chili powder, cumin, black pepper and cayenne. Continue to process. Add 1 to 2 T water to thin, if necessary.
- 3) This tastes best after refrigerating 2 hours to blend flavors. Garnish with a sprinkle of cilantro.
- 4) Serve with Guiltless Gourmet Baked Tortilla Chips (www.guiltlessgourmet.com). Approximately 18 chips in a 1-ounce serving. If meal plan does not allow for chips, substitute with fresh vegetables, such as carrots, broccoli, cauliflower, sugar snap peas, etc.(FREE). One serving of chips in this recipe is approximately 110 calories.

One serving spread: approximately 4 T

Exchanges Per Serving:

1/2 Bread & Cereal
1 1/2 Other Carbohydrates
1/2 Fat

(2 Carbohydrate Choices)

Nutrition Information	
Serving Size: 1/8 of recipe (91g)	
Servings: 1	
Amount Per Serving	
Calories 177	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	17%
Sugars 1 g	
Protein 5 g	
Vitamin A 4%	■ Vitamin C 3%
Calcium 9%	■ Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet

Southwest Black-eyed Pea Spread & Baked Tortilla Chips (continued)

Nutritional Tidbit: Great source of fiber, antioxidants, folic acid, flavinoids, and more.

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
GARLIC	cloves	2 cloves	6
JALAPENO PEPPER	stem & seeds removed	1 pepper	22
BLACK-EYED PEAS	1- 15 oz can; drained	15 oz	425
TAHINI	sesame butter	2 tbsp	30
LEMON JUICE		1 tbsp	15
CHILI POWDER		1 tsp	3
CUMIN, GROUND		1 tsp	2
PEPPER TO TASTE	black	1/4 tsp	0
CAYENNE PEPPER	to taste	1/4 tsp	0
WATER	warm	1 tbsp	0
CILANTRO	fresh, chopped	1 garnish	0
TORTILLA CHIPS	Guiltless Gourmet brand	8 oz	<u>224</u>
	Recipe Total:		728
	Single Serving Total:		91