



## Black Eye Pea Crostini, Tomato Salad and Pickled Red Onion

This is a great bite-size hors d'oeuvre for serving at parties.

### U.S.

#### *For Black Eye Pea Spread:*

4 cloves	Garlic, fresh
2 lbs	Black Eye Peas, raw
1/2 gallon	Water
1/4 cup	Pecans, toasted
1/4 cup	Olive Oil
1/4 cup	Lemon Juice
1/4 cup	Parsley, fresh, chopped
to taste	Salt
to taste	Black Pepper, ground

### Metric

4 cloves
907.2 g
1.9 L
28.5 g
59.2 mL
59.2 mL
56.7 g
to taste
to taste

#### *For Pickled Red Onions:*

2 cup	Rice Wine Vinegar
1 cup	Water
1/2 cup	Sugar, Granulated
2 each	Bay Leaves
2 Tbsp	Black Pepper, whole
1 Tbsp	Sambal Chili Paste
5 each	Red Onion, large, julienned

473.2 mL
236.6 mL
99 g
2 leaves
28.8 g
14.4 g
5 each

#### *For Tomato Salad:*

3 pints	Cherry Tomatoes
1/4 cup	Olive Oil
to taste	Salt
to taste	Black Pepper, ground

453.6 g
59.2 mL
to taste
to taste

#### *For Crostini:*

3 each	French Bread
1/4 cup	Olive Oil

3 each
59.2 mL

### **Preparation:**

#### *For the Black Eye Pea Spread:*

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place the garlic and a tablespoon of the olive oil in aluminum foil, close the aluminum foil and place it in the oven for approximately 45 minutes.
4. Place water in a pot on the stove over medium heat. Add the dry black eye peas and let the water come to a boil, approximately 2-5 minutes.
5. Reduce the heat until the water is at a simmer and allow the beans to cook for an additional 20-25 minutes. Strain the black eye peas into a colander and let cool.
6. Add the black eye peas to a food processor with roasted garlic and remaining ingredients. Blend until smooth and set aside.

**\*\*Continued on reverse\*\***

12/12/17

*For the Pickled Red Onion:*

1. In a medium size pot combine all of the ingredients, except red onions and bring to a simmer.
2. Add onions and simmer for 5-10 minutes. Once they have become slightly soft and changed color, remove from heat and strain.
3. Allow to cool and reserve for plating.

*For the Tomato Salad:*

1. Combine the heirloom cherry tomatoes in a medium mixing bowl and toss with the olive oil, salt and pepper. Reserve for plating.

*For the Crostini:*

1. Preheat oven to 350°F (180°C).
2. Slice the French bread on a bias, about 1/4 inch thick into 60 uniform pieces. Place the slices on a sheet pan and drizzle lightly with olive oil.
3. Place in oven and toast the bread until golden brown. Allow to cool.

*Assembly:*

1. Take a crostini and spread black eye pea puree, topping with red onions and tomato salad.

## Nutrition Facts

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30 Servings

**Serving size**                      **1 crostini**

**Amount per serving**

**Calories**                              **242**

Calories from Fat                      70

**Total Fat**                              7 g

    Saturated Fat                      1 g

    Trans Fat                              0 g

    Monounsaturated Fat              4 g

**Cholesterol**                          0 mg

**Sodium**                                  302 mg

**Total Carbohydrate**              38 g

    Dietary Fiber                      3 g

    Total Sugars                        6 g

    Includes 1 g Added Sugar

**Protein**                                  8 g

Vitamin D                                0 %

Calcium                                    0 %

Iron                                         0 %

Potassium                                87 mg

Phosphorus                               5 mg