

# Southwestern Salsa

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2 (14 ounces each) cans black-eyed peas  
1 cup salsa  
2 cloves or 1 teaspoon chopped garlic  
 $\frac{1}{4}$  cup chopped green onion  
Baked tortilla chips

**Makes 16 portions,  $\frac{1}{4}$  cup portions salsa, 10 chips each**

Per portion

Calories:	127
Carbohydrate:	26 grams
Protein:	4 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	331 milligrams
Dietary fiber:	3 grams

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1. Drain and rinse black-eyed peas.
  2. Mix together with the salsa, garlic, and onion.
  3. Serve with baked tortilla chips.