



Baked Black-Eyed Pea Dip

Servings: 10

If you're a fan of "cowboy caviar," a chunky black eyed pea salsa that originated in Texas, then this dip is right up your alley. Sweet veggies, creamy cheese, and a kick of spice meld together for supremely scoopable comfort food.



- 1 teaspoon olive oil
- 1/2 cup red onion, finely chopped
- 1/2 cup red bell pepper, chopped
- 1 8-oz package cream cheese, softened
- 1 8-oz container sour cream
- 1 8-oz package cheddar cheese, sharp, shredded (divided)
- 1 teaspoon Kosher salt
- 2 15-oz cans black-eyed peas, canned, rinsed and drained (see TIPS)
- 1 10-oz can diced tomatoes, fire roasted, drained well
- 1/2 cup green onion, sliced
- 2 tablespoons pickled jalapeño pepper, canned, chopped
- 2 tablespoons fresh cilantro, chopped, divided
- 1 bag tortilla chips, gluten-free, to serve

This is a hearty hot dip that is impossible to stop eating. The cream cheese and sour cream are the perfect base for the black-eyed peas and other savory ingredients. A little "heat" from the jalapenos only makes this appetizer even more addicting.

TIP: *Kidney, pinto or black beans can be substituted for black-eyed peas.*

Preheat oven to 375°F.

In a 10-inch cast-iron skillet, heat oil over medium heat.

Add red onion and bell pepper; cook, stirring occasionally, until softened, about 5 minutes.

Remove from heat.

In a large bowl, stir together cream cheese, sour cream, three-fourths of the cheddar cheese, and salt until smooth.

Stir in cooked vegetables, peas, tomatoes, green onion, jalapeho, and 1 tablespoon cilantro. Spread mixture into skillet.

Bake until hot and bubbly, 15 to 20 minutes.

Sprinkle with remaining cheddar cheese. Bake until cheese is melted, about 5 minutes more.

Let stand for 10 minutes. Top with remaining 1 tablespoon cilantro. Serve with tortilla chips.