



PEANUT POWERED **RECIPES**



THE Peanut Institute
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Chopped Salad of Corn, Tomatoes, Peppers, Jicama, Avocado, and Black Beans with Smoked Peanuts

SERVES 8



- 2 ½ cups corn kernels**
- 2 diced tomatoes**
- 1 cup roasted red peppers cut into ½" squares**
- 2 ½ cups jicama cut into ½" pieces**
- 2 avocados cut into ½" pieces**
- 2 cups black beans**
- 1 cup smoked peanuts (recipe on the other side)**
- ½ cup peanut oil**
- ¼ cup red wine vinegar**
- ¼ cup toasted cumin seeds**
- Salt and pepper to taste**
- Cilantro sprigs for garnish**

- 1** Arrange the corn, tomatoes, peppers, jicama, avocado, black beans and smoked peanuts in a flat shallow bowl or plate.
- 2** In a food processor or blender, puree peanut oil, red wine vinegar and toasted cumin seeds.
- 3** Drizzle the vinaigrette over and garnish with cilantro sprigs.

Nutrition Info:

Calories: 440, Fat: 30g, Trans: 0g, Cholesterol: 0mg, Sodium 90mg, Carbs: 35g, Fiber: 12g, Protein 12g

Recipe developed by The Culinary Institute of America as an industry service to The Peanut Institute

Smoked Peanuts

- 2 cups peanuts, in shell**
- 2 cups wood chips, for smoking**
- Salt and ground black pepper to taste**

- 1** Soak the wood chips for 30 minutes in water.
- 2** Place the wood chips in a pile in a foil-lined pan directly on the burner over high flame and heat until smoking.
- 3** Place peanuts in a perforated pan or wire rack over the smoke and cover the pan tightly with foil. Turn the heat to medium low and smoke the peanuts for 20 minutes.
- 4** Remove from the heat, shell the peanuts, and toss with salt and pepper.



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