

# Autumn Vegetable Caviar Appetizer

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*This Autumn Vegetable Caviar is a colorful and delicious autumn and holiday appetizer for all your parties. It's all vegetables, making a nice vegan selection for your appetizer tray. Small dice the three vegetables the same size and same quantity, mix together with the Boo & Henry's Mustard sauce or another sweet mustard based sauce. Topped with a small slice from a grape tomato and parsley leave on a thin baguette slice and you will look like a pro at your next party.*

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|--------------|------------------------------------|----------|-------------------------------------|
| 1 small      | sweet potato                       | ¼ cup    | Boo & Henry's Mustard Sauce         |
| 1 Tablespoon | canola oil                         | 1 cup    | small San Marzano or grape tomatoes |
| 1 cup        | Black-eyed peas or white beans     | 4 sprigs | parsley                             |
| 6 mini       | sweet peppers, red, yellow, orange | 1 loaf   | baguette, thinly sliced.            |
| 1 large      | garlic clove, minced               |          |                                     |

- 1 Peel and small dice the small sweet potato. Place in an oven pan with canola oil and bake for 10+ minutes or until soft. Flip over the small pieces halfway through roasting. Remove from oven when soft and let cool.
- 2 While sweet potato is roasting, drain the black-eyed peas. Choose about six of the small sweet peppers, 2 of each, red, yellow and orange. Thin slice the peppers lengthwise, then cross cut the slices into a small dice. It will look like confetti. Put a cup of black-eyed peas on your cutting board and chop to a size of the pepper confetti. Same with the sweet potatoes.
- 3 Mix the three ingredients together. Add about ¼ cup of the Boo & Henry's Mustard Sauce along with the minced garlic and set aside.
- 4 To serve, prep small tomato slices and separate parsley leaves. Then scoop, a tablespoon of Autumn Vegetable Caviar onto the baguette slice. Top with the parsley leaf and the tomato slice, pushing it in to spread mixture on bread. Pro tip: Serve in a wheel fashion on a tray with a flower in the center.

Servings: 40

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Oven Temperature: 350°F

## Nutrition Facts

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Nutrition (per serving): 43 calories, 7 calories from fat, <1g total fat, 0mg cholesterol, 69.9mg sodium, 56.9mg potassium, 7.6g carbohydrates, <1g fiber, <1g sugar, 1.5g protein.

## Source

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Author: Patricia K. Rose

