



Cowboy Caviar

SERVINGS: 10

PREPPING TIME: 25 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 3 Roma tomatoes, seeds removed, diced
- 2 ripe avocados, diced
- 1/2 small red onion, diced
- 15 oz. can low sodium black beans, rinsed and drained
- 15 oz. low sodium kidney beans or black-eyed peas, rinsed and drained
- 1 and 1/2 cups frozen sweet corn thawed
- 1 red, orange/green, and 1 yellow bell pepper, diced
- 1 green jalapeno pepper (seeds removed), diced
- 1 red jalapeno pepper (seeds removed), diced (optional)
- 1/2 cup cilantro, finely chopped

Dressing:

- 3 tbsp. olive oil
- 3 tbsp. lime juice (fresh preferred)
- 1 tbsp. red wine vinegar
- 2 garlic cloves, minced
- 1 tsp. honey
- 1/2 tsp. salt
- 1/2 tsp. pepper

DIRECTIONS

1. Combine tomatoes, avocado, onion, black beans, kidney beans, corn, pepper, jalapeno pepper, and cilantro in a large bowl, ensuring thorough mixing.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, honey, salt, pepper, and garlic powder to make the dressing.
3. Pour the dressing over the prepared ingredients and mix thoroughly.
4. Store the salad in the refrigerator. If not served immediately, remember to mix well before serving.

NUTRITION

Serving size: 1 serving (167g)
(per serving) 180 calories, 9g fat, 1g saturated fat, 0mg cholesterol, 210mg sodium, 22g carbohydrate, 7g fiber, 4g sugar, 6g protein