

# Cowboy Caviar

*Forget about the empty calories from traditional BBQ side dishes. Eating healthy does not mean sacrificing flavor. This side offers 25% of daily fiber, is low in saturated fat, cholesterol, and sugar. Cowboy caviar is especially easy to prepare and no cooking is required, yee-haw.*



<b>Nutrition Facts</b>	
8 servings per container	
Serving size	1 Cup
Amount Per Serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 6g	12%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## **Ingredients:**

- ❖ 2 (14 ounce) cans black-eyed peas
- ❖ 1 (14-ounce) can black beans or  $1\frac{1}{2}$  cups cooked black beans
- ❖ 1 (14-ounce) can corn kernels
- ❖  $1\frac{1}{2}$  cups chopped tomatoes (about  $\frac{3}{4}$  pounds)
- ❖ 1 medium bell pepper, chopped (red, yellow, orange, or green)
- ❖  $\frac{3}{4}$  cup chopped red onion (1/2 small red onion)
- ❖  $\frac{1}{2}$  cup chopped cilantro, leaves and stems
- ❖ 1 to 2 jalapeños, ribs removed, seeded and finely chopped
- ❖ 1 avocado (optional)

### *For the dressing:*

- ❖  $\frac{1}{3}$  cup olive oil or canola oil
- ❖ 3 tablespoons red wine vinegar or lime juice
- ❖ 2 medium cloves garlic, minced
- ❖ 1 teaspoon salt
- ❖ 1 teaspoon dried oregano
- ❖  $\frac{1}{2}$  teaspoon dried basil
- ❖ 1 teaspoon maple syrup or honey
- ❖  $\frac{1}{8}$  teaspoon red pepper flakes
- ❖ Black pepper to taste

## **Directions:**

1. Drain and rinse all canned beans. Place beans in bowl.
2. Add corn, chopped tomatoes, bell pepper, onion, cilantro and jalapeño.
3. In a cup, whisk together the dressing until all ingredients are blended. Add black pepper to taste.
4. Pour dressing into the bowl. For best flavor, allow 20 minutes to marinate before serving.
5. *Optional:* if using avocado, dice and add just before serving to preserve color.