

Cowboy Caviar

Cowboy caviar is a guilt-free dip that adds extra vegetables to your diet. This recipe also contains beans, which are an excellent source of protein and iron with less saturated fat than meat! In the summer when tomatoes are abundant, try grape or cherry tomatoes for variety. Adding avocado will give the dip some creaminess.

Yield: 10 servings
Serving Size: ½ cup

Ingredients

15 oz. can of black beans
15 oz. can of black eyed peas
1 bell pepper (any color)
2 medium tomatoes (any type or color)
1 jalapeno
¼ red onion
¼ bunch fresh cilantro
1 avocado (optional)

Dressing

2 Tbsp. olive oil
2 Tbsp. fresh lime juice
½ Tbsp. balsamic or red wine vinegar
½ tsp. chili powder
1 tsp. cumin
Salt to taste
1 tsp. maple syrup or honey

Directions

Rinse and drain both cans of beans in a colander. Let the excess water drain as you prepare the vegetables.

Finely dice the bell pepper, tomatoes, jalapeño, and red onion. Try to dice the vegetables into pieces that are roughly the same size as the beans. For a less spicy salad, scrape the seeds out of the jalapeño before dicing. Roughly chop the cilantro. Place the drained beans, bell pepper, tomatoes, jalapeño, onion, and cilantro in a large bowl. Add avocado, if using.

In a small bowl, whisk together the olive oil, lime juice, vinegar, chili powder, cumin, salt, and maple syrup or honey. Pour the dressing over the salad, then stir until everything is well coated. Serve immediately, or refrigerate until ready to eat. Serve as a dip with tortilla chips or as a side to grilled meat.



Nutrition Facts	
10 servings per container	
Serving size	1/2 cup (137g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.8mg	10%
Potassium 220mg	4%

* 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.