

BEYOND HUNGER

COWBOY CAVIAR

Cowboy caviar is a guilt-free snack that adds extra vegetable to your diet. This recipe also contains beans, which are a source of protein with less saturated fat and more fiber than meat!

Yield: 10 servings

Serving Size: ½ cup

Ingredients:

For the caviar mixture:

- 1, 15 oz can **black beans** (low sodium preferred)
- 1, 15 oz can **black eyed peas** (low sodium preferred)
- 1 medium **bell pepper** (any color)
- 2 plum or Roma **tomatoes**
- 1 **jalapeno**
- ½ medium **red onion**
- ¼ bunch fresh **cilantro**, roughly chopped

For the dressing:

- 2 Tbsp **olive oil**
- 1 fresh **lime**, juiced (or 2 Tbsp lime juice)
- ½ Tbsp **balsamic vinegar**
- ½ tsp **chili powder**
- 1 tsp **cumin**
- ½ tsp **sugar**
- **Salt**, to taste

Instructions:

1. Rinse and drain both cans of beans in a colander. Let the excess water drain as you prepare the vegetables.
2. Finely dice the bell pepper, tomatoes, jalapeno, 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 and ribs out of the jalapeno before dicing. Place the drained beans, bell pepper, tomatoes, jalapeno, onion, and cilantro in a large bowl.
3. In a small bowl, whisk together olive oil, lime juice, balsamic vinegar, chili powder, cumin, salt, and sugar. Pour the dressing over the salad, then stir until everything is well coated. Serve immediately or refrigerate until ready to eat.

Per Serving: Calories 130, Carbohydrates 20 g, Protein 6 g, Saturated Fat 0 g, Sodium 140 mg, Fiber 6 g, Sugars 0 g