

# COWBOY CAVIAR

## INGREDIENTS

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 15 ounces black beans rinsed and drained
- 15 ounces black eyed peas rinsed and drained
- 1 1/2 cups frozen sweet corn thawed
- 1 bell pepper (any color) diced
- 1 jalapeño pepper seeds removed, diced into very small pieces
- 1/3 cup cilantro finely chopped

## DRESSING

- 1/3 cup olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 garlic powder

## DIRECTIONS

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

## NUTRITION INFORMATION

Calories: 214 | Carbohydrates: 23g | Protein: 6g | Fat: 11g | Saturated Fat: 1g | Sodium: 248mg | Potassium: 490mg | Fiber: 8g | Sugar: 3g | Vitamin A: 585IU | Vitamin C: 22.9mg | Calcium: 29mg | Iron: 2.1mg