



Cowboy Caviar

Servings 8 | Prep time 10 mins. | Total time 1 hour, 10 mins.

Equipment:

Cutting board
Can opener
Colander
Large bowl
Small bowl

Utensils:

Knife
Whisk or fork
Mixing spoon
Measuring cups and spoons

Ingredients

1 15 ounce can no salt added corn, rinsed and drained
1 15 ounce can no salt added black beans, drained and rinsed
1 15.5 ounce can no salt added kidney beans, rinsed and drained
1 15 ounce can no salt added diced tomatoes, drained
1 small white onion, diced
1/3 cup olive oil OR vegetable oil
4 tablespoons lime juice (about 2 limes)
1/4 teaspoon black pepper
1/4 teaspoon salt
1 teaspoon ground cumin (optional)
1 jalapeño pepper, minced (optional)
3/4 cup fresh cilantro, chopped (optional)
1 to 2 avocados, sliced (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. In a large bowl, combine the corn, black beans, kidney beans, tomato, and onion.
3. In a small bowl, combine the oil, lime juice, salt, pepper, and cumin (if using). Whisk the dressing ingredients together until well-combined.
4. Pour the dressing into the large bowl over the veggies. Add the cilantro and jalapeño (if using) and stir to combine. Taste and adjust the seasoning, if needed.
5. Cover and chill for at least 1 hour, or overnight to blend flavors.
6. Serve chilled or at room temperature, with sliced avocado, if using.

Nutritional Information:

Calories 210
Total Fat 10g
Sodium 80mg
Total Carbs 25g
Protein 7g