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Cowboy Caviar

Source: Healthy & Homemade, 2018 Nutrition and Fitness Calendar / **Yield:** 10 (½ cup) servings; 90 Calories per serving. Total fat 4g; Saturated fat 0g; Protein 3g; Total carbohydrate 12g; Dietary fiber 5g, Sodium 65mg.

INGREDIENTS:

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon Dijon mustard
- 1 (15 oz.) can beans (drained and rinsed)
- ¾ cup frozen corn, thawed
- ½ cup onion, diced (½ medium onion)
- ½ cup bell pepper, diced (½ medium bell pepper)
- 1 cup tomatoes, chopped (1 medium tomato)
- 1 avocado, chopped

DIRECTIONS:

1. Whisk oil, vinegar, lemon juice, and mustard in a small bowl.
2. Stir beans, corn, bell pepper, and tomatoes in a medium bowl.
3. Pour dressing over bean mixture. Cover. Refrigerate until ready to serve.
4. Add avocado just before serving. Gently stir to combine.

Tips:

Serve with tortilla chips or serve as a filling for a tortilla or lettuce wrap.

Change the flavors in this recipe by adding different seasonings like salt and pepper, garlic powder, cilantro, or chili powder.