



Cowboy Caviar

Makes: 16 servings

Recommended serving size: ¼ cup

Ingredients:

1/3 cup olive oil
1/3 cup sugar
1/3 cup white wine vinegar
1 teaspoon chili powder
1 teaspoon salt
3 large Roma tomatoes, seeded and diced
1 (15 oz) can black-eyed peas, drained and rinsed
1 (15 oz) can black beans, drained and rinsed
1 (11 oz) can sweet corn, drained
1 small red onion, diced
½ cup green bell pepper, diced
½ cup red bell pepper, diced
½ cup cilantro, chopped

Directions:

1. In a large bowl, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt.
2. Add tomatoes, black-eyed peas, beans, corn, red onion, and bell peppers. Stir to combine.
3. Stir in cilantro. Cover and chill at least 1 hour or overnight to blend flavors.
4. Serve chilled or at room temperature.

Nutrition information per serving (1/4 cup): 50 calories, 8 grams carbohydrates, 5 grams protein, 2 grams fat