

Cowboy caviar



Recipe credit

Adapted from the Iowa State University Extension and Outreach

About this recipe

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

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Ingredients

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 15-ounce can black beans
- 3/4 cup frozen corn, thawed
- 1/2 cup onion, diced
- 1/2 cup bell pepper, chopped
- 1 cup tomatoes, chopped
- 1 avocado, chopped

Directions

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

Tips and variations

- Rinse the beans to reduce the sodium content.
- Use low sodium canned beans.
- Put 1/2 cup over baked chicken and serve along with wild rice.
- Serve with whole grain chips.
- Serve on the side with scrambled eggs.
- Roll-up with your favorite taco.
- Can substitute black-eyed peas or any other canned beans for the black beans in this recipe.

Nutritional info

Calories

90

Total fat

4 g

Saturated fat

0 g

Cholesterol

0 g

Sodium

65 mg

Total carbohydrates

12 g

Dietary fiber

5 g

Protein

3 g

Total sugar

2 g

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