



Cowboy Caviar

Prep: 20 minutes • Serves: 16

- 2 cans (15 ounces each) black-eyed peas, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) white shoepeg corn, rinsed and drained or 1 ear fresh corn, kernels cut from cob (about 1 cup)
- 4 garlic cloves, minced (4 teaspoons)
- 2 red and/or yellow bell peppers, finely chopped (about 2 cups)
- 1 small jalapeño chile pepper, seeded if desired, and finely chopped (about 3 tablespoons)
- ½ large red onion, chopped (about ½ cup)
- ¼ cup coarsely chopped fresh cilantro leaves
- ¾ cup apple cider vinegar
- ½ cup olive oil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

1. In large bowl, toss black-eyed peas, black beans, corn, garlic, bell peppers, jalapeño, onion and cilantro until well combined.

2. In medium bowl, whisk together vinegar, oil, salt and black pepper.

3. Pour vinegar mixture over black-eyed pea mixture and toss to combine. Cover and refrigerate at least 6 hours or up to 1 day. Toss just before serving. Serve with scoop-style tortilla chips or as a side dish. Makes about 8 cups.

Approximate nutritional values per serving:

*145 Calories, 7g Fat (1g Saturated), 0mg Cholesterol,
411mg Sodium, 17g Carbohydrates, 4g Fiber, 5g Protein*

Chef *tips:*

- > This recipe is a great way to incorporate beans... many Americans do not consume enough beans and do not realize that they are a good source of iron, protein and an excellent source of fiber.
- > Include the seeds and veins of the jalapeño chile pepper to add more heat to the mix..