

# Cowboy Caviar

**Recipe Type:** Side Dish

**Prep Time:** 10 min

**Serves:** 7

**Cooking Time:** N/A

**C** means cup

**T** means tablespoon

**t** means teaspoon

**oz** means ounce

## What you need:

- 1 T cilantro
- ½ red bell pepper or ¼ jalapeno
- ⅓ medium white onion
- ½ large tomato
- 1 – 15 oz can of black beans
- 1 – 8.75 can of corn
- 2 T lemon juice
- Salt and pepper, to taste



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. Dice cilantro, pepper of your choice, onion, and tomato.
3. Drain and rinse canned beans and corn.
4. Mix pepper, corn, beans, tomato, cilantro, onion in a bowl.
5. Add 2 T of lime or lemon juice to the mixture.
6. Chill in the refrigerator for 30 minutes or overnight
7. Enjoy!

Tip: This recipe can last up to 3-4 days in the refrigerator.

## Nutrition Facts

7 servings per container

**Serving size** 1/2 Cup (157g)

**Amount per serving**

**Calories** 130

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 410mg 18%

**Total Carbohydrate** 22g 8%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 1g Added Sugars 2%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 375mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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