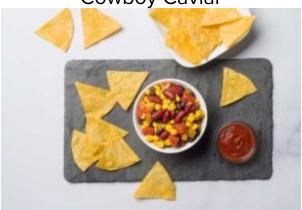


Cowboy Caviar



Makes: 16 servings (½ cup per serving)

Preparation Time: 10 minutes

Ingredients

1 (15 ounce) can kidney beans, drained and rinsed

1 (15 ounce) can black beans, drained and rinsed

1 (15 ounce) can corn, drained and rinsed

1 (4 ounce) can chopped green chiles, not drained

1 (15 ounce) can crushed or diced tomatoes, not drained

½ medium onion, minced

3 limes, juiced (optional)

1 tablespoon vegetable oil

Salt to taste

Black pepper to taste

Hot sauce (optional)

Directions

- 1. Before starting to prepare the recipe:
 - a. Open, drain, and rinse beans and corn.
 - b. Open chiles and tomatoes, but do not drain.
 - c. Mince and measure the remaining ingredients.
 - d. Wash and juice the limes into a small bowl (if using).
- 2. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
- 3. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
- 4. Taste. Add a small amount of salt and black pepper if desired.



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- 5. Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart Being Active Let's Cook!* cookbook and/or raw vegetables.
- 6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

Nutrition Fa	cts
16 servings per container	
Serving size 1/2 Cu	p (137g
Amount Per Serving Calories	80
9	% Daily Value
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	29
Iron 1mg	69
Potassium 192mg	49
*The % Daily Value (DV) tells you how much a r serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	





