



EATING SMART
BEING ACTIVE

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 Facts	
16 servings per container	
Serving size	1/2 Cup (137g)
Amount Per Serving	
Calories	80
% 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	2%
Iron 1mg	6%
Potassium 192mg	4%
<small>*The % Daily Value (DV) 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.</small>	



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