Endocrine Wellness Programs



Cowboy Caviar



Servings: 10 (each serving is ½ cup)

Ingredients

- 15 ounces Black beans
- 15 ounces Black-eyed peas
- 15 ounces Corn
- 1 cup Bell Peppers, mix of colors, diced
- 2 medium Tomatoes, diced
- ¼ cup Red Onion, diced
- ¼ cup Cilantro, finely chopped
- ½ cup olive oil
- ¼ cup Red wine vinegar
- ¼ cup Lime juice
- 1 clove Garlic, finely minced
- 1 teaspoon Salt

Instructions

- 1. Drain and rinse the canned black beans and black-eyed peas.
- 2. Combine black beans, black-eyed peas, corn, bell peppers, tomatoes, onion, and cilantro in a large bowl.
- 3. In a small bowl whisk together olive oil, vinegar, lime juice, garlic, and salt.
- 4. Pour the dressing over the bowl of beans and vegetables and gently toss together.
- 5. Cover container and place in the refrigerator for at least 2 hours.
- 6. When ready to serve transfer to another bowl using a slotted spoon leaving excess dressing behind.