

COWBOY CAVIAR

SERVES: 12 | SERVING SIZE: 1/3 cup | PREP: 15 minutes | READY: 15 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 2 tablespoons fresh-squeezed lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 garlic clove, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 can (15.5 ounce) black-eyed peas, drained and rinsed
- 1 1/2 cups frozen corn, thawed
- 1 cup diced orange bell pepper
- 1/2 cup diced tomato (about 1 small Roma tomato)
- 1/3 cup finely diced red onion
- 1/4 cup finely diced jalapeño pepper
- 1/4 cup minced cilantro



DIRECTIONS

In a small bowl, whisk together oil, lime juice, vinegar, sugar, chili powder, cumin, garlic, salt, and black pepper.

In a large bowl combine black-eyed peas, corn, bell pepper, tomato, onion, jalapeño pepper, and cilantro.

Pour dressing over vegetable mixture and toss to coat. For best flavor, refrigerate at least 2 hours before serving.

NUTRITION INFORMATION PER SERVING

76 calories, 4 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 129 mg sodium, 9 g total carbohydrate, 2 g dietary fiber, 2 g total sugars, 0 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 10 mg (0%) calcium, 0 mg (0%) iron, 163 mg (4%) potassium

