

Cowboy Caviar



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Recipe by: Laura Vitale

Serves 8

Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients

- 1 14-1/2 oz can of Black Eye Peas
- 1 14-1/2 oz can of Black Beans
- 1 14-1/2 oz can of Corn Kernels
- 2 Vine Ripe Tomatoes, diced (or halved cherry tomatoes)
- 1 Small Red Onion, minced
- 1 Seedless Cucumber, minced
- 1 Yellow Bell Pepper, minced
- 1 Jalapeno, minced
- 1 Tbsp of Seasoning of choice or a mixture of cumin, smoked paprika, chili powder and garlic
- 1 Bunch of Cilantro
- 2 Cloves of Garlic
- Juice of 1 Lime, or more to taste
- 1 tsp of Sugar
- 1/4 cup of Olive Oil
- Salt to taste

1) In a blender add the cilantro, lime, sugar, garlic, oil and salt and puree until smooth.

2) In a large bowl add all the ingredients along with the dressing, stir together well then cover and refrigerate at least an hour before serving!

