



## Cowboy Caviar

**Prep: 20 minutes • Serves: 16**

- 2 cans (15 ounces each) black-eyed peas, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) white shoepeg corn, rinsed and drained or 1 ear fresh corn, kernels cut from cob (about 1 cup)
- 4 garlic cloves, minced (4 teaspoons)
- 2 red and/or yellow bell peppers, finely chopped (about 2 cups)
- 1 small jalapeño chile pepper, seeded if desired, and finely chopped (about 3 tablespoons)
- ½ large red onion, chopped (about ½ cup)
- ¼ cup coarsely chopped fresh cilantro leaves
- ¾ cup apple cider vinegar
- ½ cup olive oil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

**1.** In large bowl, toss black-eyed peas, black beans, corn, garlic, bell peppers, jalapeño, onion and cilantro until well combined.

**2.** In medium bowl, whisk together vinegar, oil, salt and black pepper.

**3.** Pour vinegar mixture over black-eyed pea mixture and toss to combine. Cover and refrigerate at least 6 hours or up to 1 day. Toss just before serving. Serve with Tostitos® Tortilla Chips or as a side dish. Makes about 8 cups.

*Approximate nutritional values per serving:*

*145 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 411mg Sodium, 17g Carbohydrates, 4g Fiber, 5g Protein*

### Helpful tips:

- > This recipe is a great way to incorporate beans... many Americans do not consume enough beans and do not realize that they are a good source of iron, protein and an excellent source of fiber.
- > Include the seeds and veins of the jalapeño chile pepper to add more heat to the mix..