



### **COWBOY CAVIAR – serves 3 to 4**

This salad of black eyed peas and black beans can easily be made into a meal.

NOTES:

## COWBOY CAVIAR

### *Ingredients:*

1	can	Black Beans (15oz)
1	can	Black Eyed Peas (15oz)
1	small	Red Onion
1	clove	Garlic
1	medium	Roma Tomato
1	medium	Red Bell Pepper
1	cup	Frozen Sweet Corn
1	medium	Avocado
1	cup	Cilantro
1/3	cup	Corn Oil
3	tablespoons	Fresh Lime Juice
1	tablespoon	Cumin
1	teaspoon	Salt
1/8	teaspoon	Black Pepper

### *Method:*

- Drain and rinse the Black Beans and Black Eyed Peas and set aside. Defrost the Sweet Corn in colander under cool running water, set aside to drain.
- As you prep the following, dump them into a large mixing bowl. Finely dice the Red Onion to equal about 1/4 cup. Mince the Garlic, or use a garlic press. Cut the Roma Tomato into a small dice; about 1/3 of a cup. Cut the Red Bell Pepper into a medium dice to equal about one cup. Mince the Cilantro, stem included, to equal about 1/3 of a cup.
- Add the beans and corn to the bowl. Pour in the Corn Oil and Lime Juice and mix well. Add the Cumin, Salt & Pepper and mix well to combine.
- Cut the Avocado into a large dice and stir into the bowl, mixing well again to combine. Cover the bowl with plastic wrap and place in the fridge for at least 60 minutes (or up to overnight). Stir well before serving.