



LISA CHEPLAK
THE HEALTHY FAMILY

Cowboy Caviar

Yields: 10 cups

Ingredients

- 2, 15 oz. cans black eyed peas, rinsed and drained
- 1, 15 oz. can black beans, rinsed and drained
- 1, 15 oz. can sweet corn drained or 1 cup frozen corn (thawed)
- 4 Roma tomatoes, diced
- 1/4 red onion, finely diced
- 3 celery stalks, chopped
- 1/2 yellow bell pepper and 1/2 orange bell pepper, chopped
- handful of cilantro, finely chopped

Dressing:

- juice of 2 limes, about 1/4 cup
- 1/3 cup olive oil
- 2 tbsp. apple cider vinegar
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp maple syrup

Directions

1. Add black eye peas, black beans, corn, celery, bell peppers, tomatoes, onion and cilantro to a large bowl.
2. Whisk dressing ingredients together and pour onto beans and veggies
3. Serve with tortilla chips, lettuce wraps or as a salad