



Healthy Cowboy Caviar

Shine 365
Marshfield Clinic

PREP TIME: 30 minutes • **SERVINGS:** 8 cups

INGREDIENTS

- 3 cups cooked black-eyed peas, or 2 (14-ounce) cans
- 1½ cups cooked black beans, or 1 (14-ounce) can, rinsed and drained
- 1½ cups fresh corn, or 1 (14-ounce) can corn, drained
- 1½ cups chopped tomatoes
- 1 medium red, orange or yellow bell pepper
- ¾ cup chopped red onion
- ½ cup chopped cilantro, leaves and stems
- 1 to 2 jalapeños, ribs removed, seeded and finely chopped
- 1 avocado (optional)

Italian Dressing:

- ½ cup olive oil
- 3 tablespoons red wine vinegar or lime juice
- 2 medium cloves garlic, pressed or minced
- 1 teaspoon salt, to taste
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon maple syrup or honey
- ⅛ teaspoon red pepper flakes
- Freshly ground black pepper, to taste

INSTRUCTIONS

In a large serving bowl, combine drained black-eyed peas, black beans, corn, chopped tomatoes, bell pepper, onion, cilantro and jalapeño. If you'll be including avocado, wait to dice it until you're ready to serve the dip, so it doesn't turn brown.

In a cup, whisk together dressing ingredients until emulsified. Drizzle dressing over the serving bowl and toss until well mixed. Season to taste with additional salt and pepper. For best flavor, let the mixture marinate for at least 20 minutes before serving. If you're adding avocado, mix it in just before serving.

Note: This dip keeps well in the refrigerator, covered, for about three days.

NUTRITION INFORMATION

Each serving (1 cup) contains about 241 calories; 11 g total fat; 42 g carbohydrate; 7 g protein; 153 mg sodium; 6 g sugar.

Source: cookieandkate.com
Find more recipes at shine365.marshfieldclinic.org