



Cowboy Caviar



Ingredients



Adapted from *mytastycurry.com*

- 1 cup corn
- 1 cup kidney or black beans
- 1/2 cup tomato, diced
- 1 tbsp lime juice
- 1 tsp paprika
- 1/2 tsp salt
- 2 tbsp olive oil
- 1/4 tsp sugar
- 1/2 tsp black pepper
- 1/2 bell pepper, diced



Directions



Yield: 2

1. Make the dressing by mixing lime juice, salt, pepper, olive oil, sugar in a bowl
2. In a separate bowl, mix corn, beans, bell pepper, and tomatoes
3. Pour lime dressing over the mixed veggies
4. Eat by itself or use as a dip with chips

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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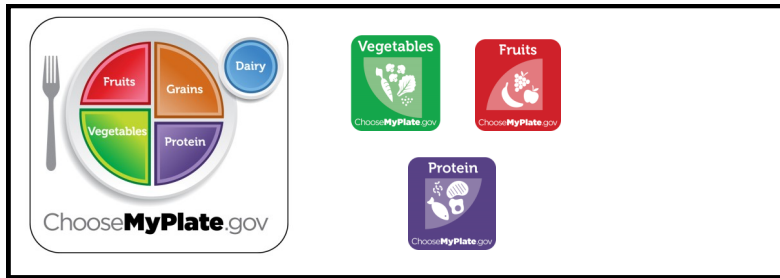
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Fast Facts



Featured Food Groups



Cooking Tips



- Add in other vegies such as onion or avocado!
- Try with any canned beans you have

Nutrition Facts	
2 servings per container	
Serving size	
Amount Per Serving	
Calories	360
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 590mg	26%
Total Carbohydrate 42g	15%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

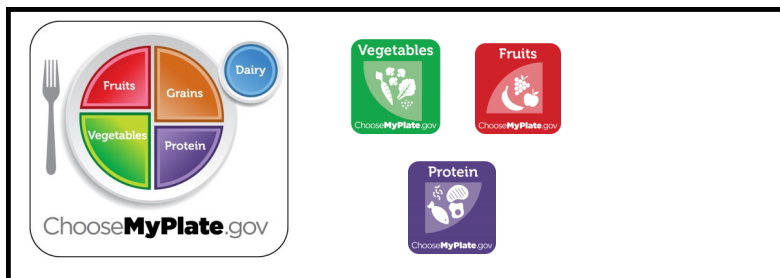
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