

INGREDIENTS

- 1 tbsp honey
- 4 tbsp apple cider vinegar
- 1 tsp garlic powder*
- 4 tbsp olive oil
- 1 lime, juice (about 1-2 tbsp) and zest
- 1 can (15 oz) black beans, drained and rinsed
- 1 can black eyes peas (15 oz), drained and rinsed
- 1 can sweet corn (15 oz), drained and rinsed
- 1 medium bell pepper (any color; about 1 cup), diced
- 3-4 medium roma tomatoes (2 cups), diced
- 1/4 large onion (white or red) or 1/2 small onion (~1/2 cup), diced
- 1 small or medium jalapeño, diced
- 1 bunch cilantro (1/4-1/2 cup), finely chopped
- salt and pepper to taste
- green onions and avocado to garnish, *optional*
- Chips to serve with the salsa

INSTRUCTIONS

1. Wash all produce before prepping.
2. Make the dressing-either in a small bowl and set aside OR in a big bowl where you will add the rest of the ingredients. Whisk the honey, vinegar, garlic powder, oil, and lime juice + zest.
3. Add both beans, corn, peppers, tomato, onion, and cilantro to big bowl.
4. If you made the dressing in the small bowl, add it to the big bowl.
5. Mix ingredients well. Add salt and pepper to taste.
6. You can serve salsa right away OR let it set in the refrigerator overnight. Letting the salsa set can help the flavors develop.



Cowboy Caviar



9-10 servings
(1 cup serving)



around 20
minutes

Ready for a new favorite side to bring to summer parties? Then try cowboy caviar, also known as Texas caviar. It may not cost a million dollars, but your body will feel like it with all of the yummy vegetables and beans.

NOTES

*you can substitute garlic cloves in for the powder, 1/8 tsp powder = 1 small clove.

If you do not have Roma tomatoes, you can use cut up cherry tomatoes. You can store this for several days in the refrigerator.

Adapted from: cookieandkate.com