

Cowboy Caviar

Yield: 12 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-caviar-recipe>

Ingredients:

- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 lime juice
- 1 teaspoon salt
- 1 pound Roma tomatoes seeded and diced
- 15 ounces black eyed peas drained and rinsed
- 15 ounces black beans drained and rinsed
- 11 ounces sweet corn super, drained, or use frozen corn or even off the cob if you'd like
- 1 red onion diced
- 1 cup red bell pepper diced
- 1 cup fresh cilantro chopped
- 1 tablespoon sugar optional, up to 1/4 cup if preferred

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 37 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 12 grams
6. SaturatedFat: 1 grams
7. Sodium: 350 milligrams
8. Sugar: 4 grams

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