

The BEST Cowboy Caviar

Yield: 9 min
Total Time: 40 min

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

Ingredients:

- 3/4 cup sweet corn use frozen that has been thawed, drained canned corn, or cut off the cob
- 15 ounces blackeye peas BUSH'S®, drained
- 15 ounces black bean BUSH'S®, Fiesta
- 3/4 cup cherry tomatoes small, halved or quartered
- 1/2 cup red bell pepper diced
- 1/2 cup green bell pepper diced
- 1/3 cup red onion diced, soak in cold water to remove the "bite" if desired
- 1 jalapeno pepper small, * finely diced
- 1/3 cup chopped cilantro finely, loosely measured
- 2 avocados large and ripe, diced
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice freshly squeezed
- 1 teaspoon sugar
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/3 cup extra-virgin olive oil
- fine sea salt
- cracked pepper
- tortilla chips for serving
- cilantro optional
- lime wedges optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 49 grams
3. Fat: 16 grams
4. Fiber: 8 grams
5. Protein: 16 grams

6. SaturatedFat: 2.5 grams
 7. Sodium: 300 milligrams
 8. Sugar: 3 grams
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