Cowboy Caviar

Makes: 16 servings (½ cup per serving)
Preparation Time: 10 minutes

**Ingredients**
1 (15 ounce) can kidney beans, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can corn, drained and rinsed
1 (4 ounce) can chopped green chiles, **not** drained
1 (15 ounce) can crushed or diced tomatoes, **not** drained
½ onion, minced
3 limes, juiced (optional)
1 tablespoon vegetable oil
Salt to taste
Black pepper to taste

**Directions**
1. Before starting to prepare the recipe:
   a. Open, drain, and rinse beans and corn.
   b. Open chilies and tomatoes, but do not drain.
   c. Mince and measure the remaining ingredients.
   d. Wash and juice the limes into a small bowl (if using).
2. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
3. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
4. Taste. Add a small amount of salt and black pepper if desired.
5. Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let’s Cook!* cookbook and/or raw vegetables.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Amount Per Serving</th>
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<tr>
<td>1/2 Cup (132g)</td>
<td>150</td>
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- Calories: 150
- Total Fat: 2g (3%)
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 160mg (7%)
- Total Carbohydrate: 26g (10%)
- Dietary Fiber: 6g
- Total Sugars: 3g
- Includes 0g Added Sugars
- Protein: 8g (16%)
- Vitamin D: 0mg
- Calcium: 65mg (4%)
- Iron: 2mg (12%)
- Potassium: 798mg (15%)

*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.