



EATING SMART
BEING ACTIVE

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 medium onion, minced
- 3 limes, juiced (optional)
- 1 tablespoon vegetable oil
- Salt to taste
- Black pepper to taste
- Hot sauce (optional)

Directions

1. Before starting to prepare the recipe:
 - a. Open, drain, and rinse beans and corn.
 - b. Open chiles 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 | |
|---------------------------|-----------------------|
| 16 servings per container | |
| Serving size | 1/2 Cup (137g) |
| Amount Per Serving | |
| Calories | 80 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 250mg | 11% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 4g | 14% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | 8% |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 1mg | 6% |
| Potassium 192mg | 4% |

*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.



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Agriculture

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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

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