

Cowboy Caviar



To say this recipe of OG Kathy's is delicious is an understatement. Yum!

Ingredients:

15oz can black-eyed peas, rinsed and drained
15oz can black beans, rinsed and drained
15oz can sweet corn, rinsed and drained
½ red bell pepper, finely chopped
½ green bell pepper, finely chopped
½ red onion, finely chopped
2c grape or cherry tomatoes, halved
2 ripe avocados, diced
1/3c cilantro, minced

Dressing:

1/4c olive oil
1/4c lime juice
2T cilantro, minced
2 cloves crushed garlic
1t brown sugar
3/4t red chili flakes
1/2t ground cumin
1t salt

Directions:

1. Whisk together dressing ingredients. Set aside.
2. Add all other ingredients to a large bowl and pour dressing over top and mix well.
3. Allow to sit a few hours in the fridge for the flavors to meld, if possible.
4. Serve with veggies or tortilla chips.

Hint:

You can reduce the amount of olive oil, if desired.