



Make a Change



EFNEP

Expanded Food and Nutrition Education Program

Cowboy Caviar

Makes: 16 (½ cup) servings

Preparation Time: 10 minutes

Ingredients

- 1 (15-ounce) can kidney beans, drained
- 1 (15-ounce) can black beans, drained
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can crushed tomatoes
- 1 (4-ounce) can chopped green chiles, drained
- ¼ cup finely chopped onion
- 3 limes juiced (optional)
- 1 tablespoon oil
- Salt and pepper to taste

Directions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Serve by itself or with tortilla chips.

Be Creative!

Substitute any kind of beans you have.

Eat Smart: Vary Your Veggies!

Nutrition Facts

Serving Size 1/2 Cup (121g)
Servings Per Container 16

Amount Per Serving

Calories 90 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 17g **6%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 4g

