

Cowboy Caviar

PREP TIME 20 minutes

TOTAL TIME 20 minutes

SERVINGS 12 servings

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4.99 from 830 votes

A fresh, simple dip that can be thrown together in under 15 minutes! This Cowboy Caviar makes a great side dish for any picnic, potluck, or party, and is a great way to use up your summer produce!

Ingredients

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 15 oz black beans rinsed and drained
- 15 oz black eyed peas rinsed and drained
- 1 1/2 cups frozen sweet corn thawed (I just usually toss it in the salad frozen

unless I plan on eating it immediately, it thaws quite quickly)

- 1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
- 1 jalapeno pepper seeds removed, diced into very small pieces
- 1/3 cup Cilantro finely chopped

DRESSING

- 1/3 cup olive oil
- 2 tablespoons lime juice fresh preferred
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- Tortilla chips for serving

Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Notes

Calories do not include tortilla chips.

Nutrition Information

Calories: 214, Carbohydrates: 23g, Protein: 6g, Fat: 11g, Saturated Fat: 1g, Sodium: 248mg, Potassium: 490mg, Fiber: 8g, Sugar: 3g, Vitamin A: 585IU, Vitamin C: 22.9mg, Calcium: 29mg, Iron: 2.1mg