

## 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 chilies, drained
- ¼ cup onion, finely chopped
- 3 limes juiced (optional)
- 1 tablespoon vegetable 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 alone or with tortilla chips.

### *Be Creative!*

Substitute any kind of beans you like.

### *Eat Smart: Vary Your Veggies!*



<b>Nutrition Facts</b>	
Serving Size 1/2 Cup (121g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 90	<b>Calories from Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 4g	

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