

Cowboy Caviar



Ingredients:

- 1 tablespoon oil (canola, olive or vegetable)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon Dijon mustard
- 1 can (15 oz.) low-sodium beans – drained and rinsed
- ¾ cup frozen corn, thawed
- ½ cup onion, diced (½ medium onion)
- ½ cup bell pepper, diced (½ medium bell pepper)
- 1 cup tomatoes, chopped (1 medium tomato)
- 1 avocado, chopped

**Seasonal
and Simple**

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See instructions on reverse.

Cowboy Caviar continued

Instructions:

1. Whisk oil, vinegar, lemon juice and mustard in a small bowl.
2. Stir beans, corn, onion, bell pepper and tomatoes in a medium bowl.
3. Pour liquids over bean mixture. Cover. Refrigerate until ready to serve.
4. Add avocado just before serving. Gently stir to combine.

Enjoy making this healthy
and delicious recipe!

Visit marc.org/kcfresh for more
information and recipes.

