



COWBOY CAVIAR

WND #1 APPY

SERVINGS: 12

PREPPING TIME: 20 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 3 Roma Tomatoes, diced
- 2 Ripe avocados, diced
- 1/3 Cup Red Onion, diced
- 15 oz Black Beans
- 15 oz Chickpeas
- 1 1/2 cups corn
- 1 bell pepper
- 1 jalapeno pepper
- 1/3 cup cilantro, finely chopped
- Dressing:**
- 2 tbsp Apple Cider Vinegar
- 2 tbsp lime juice
- 1/2 tsp of salt and pepper
- 1 tsp of sugar
- 1/4 tsp of garlic powder
- 1/3 cup of olive oil

DIRECTIONS

1. Dice tomatoes, red onion, bell pepper
2. Rinse and drain chickpeas and blackbeans
3. Thaw corn
4. Remove seeds from jalapenos
5. Chop jalapenos and cilantro
6. Measure spices and ingredients for dressing
7. Whisk together all the ingredients for the dressing
8. Combine all the ingredients for the salad except the avocado
9. 10 mins before serving chop avocados
10. Right before serving add avocado
11. Pour dressing over and mix well

SOURCE

<https://www.spendwithpennies.com/cowboy-caviar/>

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