



Cowboy Caviar

Serving size: 1/2 cup

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
- 1/4 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

Yields about 18 servings

Source:

Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Nutrition Facts	
Serving Size 1/2 cup (99g)	
Servings Per Container 18	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	17%
Sugars 1g	
Protein 4g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

14% of calories from fat



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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