

## Cowboy Caviar

### Directions:

- 1-Combine black beans, corn, tomato, avocado, and onions. Set aside.
- 2- Blend the olive oil, red wine vinegar, garlic, cumin, cilantro.
- 3- Pour dressing over the other ingredients, stir, cover,& refrigerate for 30 minutes.
- 4- Remove from refrigerator, stir, and serve with your favorite tortilla chips (my family likes to use the Tostito scoops).

### • **Ingredients:**

- 1 can black beans (rinsed & drained)
- 1 can shoe peg corn (drained)
- 1 or 2 avocados (diced)
- 1 or 2 Roma tomatoes (diced)
- 2 or 3 green onions (sliced)
- **Dressing:**
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 cloves garlic (crushed) – options – I use it
- 1 teaspoon cumin
- 2/3 cup cilantro (chopped)
- Salt & pepper to taste
- Crushed red pepper (I add a little of this to give it some spice – hotness)
- Chips

Football season is here! This is my favorite game day appetizer. It's easy, healthy, and it's a crowd pleaser.

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