

COWBOY CAVIAR

Note: This recipe is best when marinated for at least one hour, or better yet, overnight.

ingredients

1/2 large red onion, diced	1 large handful cilantro, chopped
1 red pepper, seeded and diced	1/2 cup extra virgin olive oil
1 green pepper, seeded and diced	1/4 cup granulated sugar
2 cups, frozen corn	1/3 cup white wine vinegar
4 roma tomatoes, seeded and diced	1 teaspoon chili powder
2 ripe avocados, seeded and diced	1 teaspoon salt
1, 15 ounce can reduced-sodium black beans	
1, 15 ounce can reduced-sodium black eyed peas	

directions

Get out a large cutting board an excellent knife and get chopping. Placed your diced red onion, peppers, tomatoes, avocados, chopped cilantro, and frozen corn in a large bowl.

To make the dressing, in a small bowl, mix together the olive oil, sugar, vinegar, chili powder, and salt until well combined.

Mix in the dressing with the chopped cancer fighters and mix until well combined.

Let the dish marinate and refrigerate at least 1 hour before serving, or better yet, overnight.

Enjoy!

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