



## COWBOY CAVIAR

July 3

National Eat Your Beans Day

### INGREDIENTS

#### Salad Ingredients

- 2 Cups Diced Tomatoes (seeds removed)
- 1½ Cups Diced Avocado
- ⅓ Cup Diced Red Onion
- 15½ Ounce Can Black Beans (rinsed; drained)
- 15 Ounce Can Black Eyed Peas (rinsed; drained)
- 1½ Cups Frozen Corn Kernels (thawed)
- 1 Cup Diced Bell Pepper (any color)
- ¼ Cup Finely Diced Jalapeño (seeds removed)
- ⅓ Cup Chopped Fresh Cilantro



#### Dressing

- ⅓ Cup Olive Oil
- ¼ Cup Red Wine Vinegar
- 1 Teaspoon Honey
- 1 Clove Garlic (minced)
- ½ Teaspoon Ground Cumin
- ½ Teaspoon Chili Powder
- ½ Teaspoon Salt (or to taste)
- ¼ Teaspoon Black Pepper
- 4 Ounces Tortilla Chips (enriched or whole grain-rich)

### DIRECTIONS

1. In a large mixing bowl, combine the diced tomatoes, avocados, red onion, black beans, black eyed peas, thawed corn kernels, diced bell pepper, jalapeño, and freshly chopped cilantro. Gently toss the ingredients together to evenly distribute everything while keeping the avocados intact.
2. In a small bowl or a jar with a lid, add the olive oil, red wine vinegar, honey, minced garlic, ground cumin, chili powder, salt, and black pepper. Whisk vigorously or shake well to emulsify the dressing until fully combined.
3. Pour the prepared dressing over the salad mixture. Using a large spoon or spatula, gently toss everything together until all the ingredients are well coated with the dressing.
4. For best flavor, cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld.

### MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

### MEAL TYPE

-  Snack

### YIELD

9 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Tortilla Chips + ½ Cup Caviar	½ Ounce Tortilla Chips + ½ Cup Caviar	1 Ounce Tortilla Chips + ¾ Cup Caviar	1 Ounce Tortilla Chips + ½ Cup Caviar