

COWBOY CAVIAR



SERVES 2

INGREDIENTS

- 1 cup canned black beans, drained and rinsed
- ¼ cup corn kernels (canned, thawed from frozen, or fresh)
- ½ tbsp chopped cilantro
- ¼ tsp minced garlic
- 2 tbsp chopped red onion
- 2 tbsp chopped red bell pepper
- ¼ cup salsa
- ¾ tsp chili powder
- ½ tsp cumin
- ¾ tsp lime juice
- Salt to taste

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This fresh and vibrant Cowboy Caviar combines wholesome black beans, crisp vegetables, zesty spices, and zippy cilantro for the ultimate make-ahead dish. The flavors meld over time and are even better the next day. Enjoy as a tasteful snack or salad topper, or double the recipe for your next gathering.

INSTRUCTIONS

1. In a medium bowl, combine the drained and rinsed black beans, corn, cilantro, garlic, red onion, bell pepper, salsa, chili powder, cumin, and lime juice. Season to taste with salt.
2. For the best flavor, let the mixture marinate for 20 or more minutes.
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves, or with whole-grain crackers.

SERVES 4

INGREDIENTS

- 1 can black beans, drained and rinsed
- ½ cup corn kernels (canned, thawed from frozen, or fresh)
- 1 tablespoon chopped cilantro
- ½ teaspoon minced garlic
- ¼ cup diced red onion
- ¼ cup chopped red bell pepper
- ½ cup salsa
- 1 ½ teaspoons chili powder
- 1 teaspoon cumin
- ½ lime juice, or 2 teaspoons
- 1 or 2 tablespoons diced jalapeno (optional)



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