



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COWBOY CAVIAR

Ingredients

- 15.5 oz. black beans
- 15.5 oz. black-eyed peas
- 15 oz. sweet corn
- 1 cup parsley chopped
- 1/2 cup red bell pepper chopped or diced
- 1/2 cup orange bell pepper chopped or diced
- 1/2 cup red onions diced
- 1 tsp. chili powder
- 1/2 tsp. kosher salt
- 1/4 cup sugar
- 1/2 cup olive oil
- 1/3 cup white wine vinegar
- 1 tbsp. fresh lime OR lemon juice
- 1/4 tsp. garlic powder

Instructions

Drain, rinse and pat dry the beans and corn. transfer to a large bowl. Add the cilantro and the remaining ingredients to the beans and corn mixture.

Stir to combine. Serve cold or at room temperature.

Lightly warm the salad if refrigerated overnight to loosen up the liquid/oil or thaw for 1 hour before serving.

GREATER VALLEY YMCA, EASTON/PHILLIPSBURG BRANCH

1225 West Lafayette Street, Easton, PA 18042

(P) 610 258 6158 (F) 610 258 8903 (W) gv-ymca.org