

# Cowboy Caviar

Serving Size: ½ Cup | Servings per Recipe: 12 | Heart Healthy

10  
MIN

## INGREDIENTS

- 1 can (15 oz) diced tomatoes, drained
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) pinto beans, rinsed and drained
- 1 cup canned corn, drained
- ½ cup onion, diced
- ½ cup oil
- 2 tablespoons vinegar
- Salt and pepper to taste (optional)

## DIRECTIONS

- In a large bowl, mix the tomatoes, beans, corn, and onion.
- In a small bowl, whisk together the oil and vinegar.
- Pour dressing over the vegetables and beans. Stir until coated.
- Chill in the refrigerator until ready to serve.



Calories per serving: 130 | 6 g total fat | 15 g total carbohydrates | 180 mg sodium | 4 g protein