

# Eat Smart • Move More

## Cowboy Caviar

Prep Time: 10 minutes

Total Time: 10 minutes



### Ingredients

- 15 ounces canned low-sodium black beans, drained and rinsed
- 15 ounces canned low-sodium kidney beans, drained and rinsed
- 15 ounces canned low-sodium corn, drained and rinsed
- 15 ounces canned low-sodium diced tomatoes
- 4 ounces canned chopped green chiles
- ½ onion, minced
- 3 limes, juiced
- 1 tablespoon canola oil
- ⅛ teaspoon ground black pepper

### Directions

- Mix ingredients in a mixing bowl. Stir gently to combine.
- Refrigerate leftovers within 2 hours of preparation.

### Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 serving (123.48g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes g of Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 24mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 199mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Draining and rinsing canned vegetables or beans removes about 40% of sodium.
- ▶ This dish can be served as a side dish, a topping for baked chicken thighs or as a taco filling.
- ▶ Substitute diced jalapeños for chiles.

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(Recipe adapted from: <http://eatingsmartbeingactive.colostate.edu.>)

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