



Cowboy Caviar

Ingredients

1 can black beans
1 can black eyed peas
2 bell peppers (any colour), diced
3 tomatoes, diced
1 jalapeno pepper (optional)
½ cup red onion, diced
Handful of fresh cilantro

For the dressing:

2 Tbsp olive oil
Juice from 1 fresh lime or 2 Tbsp lime juice
1-2 tsp. balsamic vinegar
1 tsp. chili powder
½ tsp. cumin
Dash salt and pepper

Equipment:

Can opener
Colander
Knives – 2
Spoon
Cutting board – 2
Knife
Measuring cups (dry)
Measuring spoons
Large bowl
Mixing spoon

Directions

1. Rinse and drain both cans of beans in a colander. Let the excess water drain as you prepare the vegetables.
2. Finely dice the bell pepper, tomatoes, jalapeno, and red onion. For a less spicy salad, scrape the seeds out of the jalapeno before dicing.
3. Roughly chop the cilantro.
4. Add the drained beans, bell pepper, tomatoes, jalapeno, onion and cilantro together to a large bowl.
5. In a small bowl, mix together the olive oil, lime juice, balsamic vinegar, chili powder, cumin, and salt.
6. Pour the dressing over the salad, then stir until everything is well-coated.