



Cowboy Salad

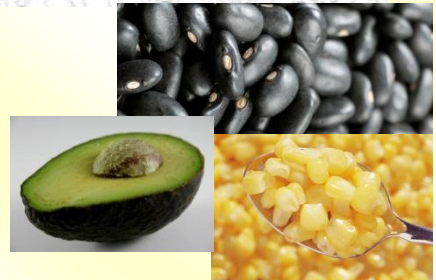
Serving Size: 1/2 cup

Yield: 12 Servings

Ingredients:

2 cans black beans (15oz each)
1 can corn, drained
1 bunch cilantro
1 bunch green onions
3 tomatoes, medium

1 tablespoon vegetable oil
2 tablespoons lime juice or vinegar
Salt
Pepper
1 avocado



Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the avocados and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Serve with your favorite meal or as a snack with tortilla chips!

Tip: Try adding other vegetables, such as sweet or hot peppers or zucchini.

Nutrition Facts per Serving: Calories, 70; Calories from fat, 20; Total fat 2.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, mg; Sodium, 150mg; Total Carbohydrate, 9g; Fiber, 2g; Protein, 2g; Vitamin A, 8%; Vitamin C, 15%; Calcium, 2%; Iron, 4%.

Source: Oregon State University Extension Service, www.foodhero.org



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