

Nessralla Farm Halifax

Cowboy Caviar



Beans, avocado and fresh veggies all in a zesty homemade sauce... Cowboy caviar is a fresh and flavorful salsa style dish that really satisfies an appetite. Enjoy it by itself as a salad; it also goes great with tortilla chips and is a perfect make-ahead dish for a potluck.

Ingredients

- ½ cup olive oil
- Juice of 2 fresh limes
- 1 Tbsp honey
- 1 tsp chili powder
- 1 tsp cumin
- Salt & pepper, to taste
- One 14-oz can black beans, rinsed and drained
- One 14-oz can black-eyed peas, rinsed and drained

- 2 plum tomatoes, seeded and finely diced
- 1 jalapeno pepper, seeded and finely diced
- 1 colorful bell pepper, seeded and finely diced
- 1 cup fresh corn kernels
- 1 avocado, peeled and diced
- ½ cup red onion finely diced
- ⅓ cup sliced scallions

Preparation

1. Place the beans, black eyed peas, tomatoes, jalapeno, corn, avocado, bell pepper, onion and scallions in a large bowl.
2. In a small bowl, whisk together the olive oil, lime juice, honey, chili powder, cumin and salt and pepper.
3. Pour the dressing over the bean mixture and toss gently to coat. Serve as a salad or with chips.

NOTE: Dish can be made 1-2 days in advance of serving and stored in the refrigerator tightly covered - simply omit the avocado and tomatoes and add those just before serving.