

Cowboy Caviar with Chickpeas

INGREDIENTS

20 MINUTES 12 SERVINGS

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 15 oz can black beans, rinsed, drained
- 15 oz can 15 oz can chickpeas (garbanzo beans), rinsed, drained
- 15 oz can sweet corn, drained
- 1 bell pepper, diced
- 1 jalapeno, diced, optional
- 1/3 cup Cilantro finely chopped, optional
- 2/3 cup olive oil
- 1/4 cup lime juice
- 1/4 cup red wine vinegar
- 2 tsp sugar
- 1/2 teaspoon garlic powder
- salt and pepper, to taste

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- salt and pepper, to taste

PROCEDURE **Cowboy Caviar with Chickpeas**

1. Combine tomatoes, avocado, onion, black beans, chickpeas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.



Adapted from:
spendwithpennies.com



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