



# CELEBRATE SALAD!

## COWBOY CAVIAR

ADAPTED FROM [cookieandkate.com/cowboy-caviar-recipe/](http://cookieandkate.com/cowboy-caviar-recipe/)

### FOR THE SALAD:

- 2 (14-oz.) cans black-eyed peas, rinsed and drained, or 3 cups cooked
- 1 (14-oz.) can black beans, rinsed and drained, or 1½ cups cooked
- 1½ cups fresh corn kernels (2 ears) or 1 (14-oz.) can, drained
- 1½ cups chopped tomatoes (about 4 Roma, ¾ lb.)
- 1 medium red, orange or yellow bell pepper, diced
- ¾ cup chopped red onion
- ½ cup chopped cilantro, leaves and stems
- 1 jalapeño pepper, ribs & seeds removed, finely chopped
- 1 avocado (optional)

### FOR THE DRESSING:

- 1/3 cup olive oil
- 3 TBS red wine vinegar or lime juice
- 2 medium cloves garlic, pressed or minced
- 1 to 1½ tsp salt, to taste
- 1 tsp dried oregano
- ½ tsp dried basil
- 1 tsp maple syrup
- 1/8 tsp red pepper flakes
- Freshly ground black pepper, to taste



1. In a large serving bowl, combine the drained black-eyed peas, black beans, corn, chopped tomatoes, bell pepper, onion, cilantro and jalapeño.
2. In a cup, whisk together the dressing ingredients until emulsified. Drizzle the dressing over the beans, etc. and toss until well mixed. Season to taste with additional salt and pepper. For best flavor, let the mixture marinate for at least 20 minutes before serving.
3. If adding avocado, dice the avocado and toss with some lemon or lime juice to prevent browning. Mix it in right before serving.