

Texas Caviar



Ingredients (makes 10 servings, serving size 1/2 cup:)

- 2 (15 ounce) cans Black beans
- 1 (15 ounce) can Corn
- 5 medium Plum tomatoes
- 1 stalk Green onion
- 2 medium Bell peppers, any color
- 1 garlic clove, or 1/2 teaspoon garlic powder
- 2 medium Limes
- 5 Tablespoons Olive oil
- 1 teaspoon Salt
- 1 garlic clove, or 1/2 teaspoon garlic powder

Directions

1. Drain and rinse black beans and corn. Chop tomatoes, onion and bell peppers. Mince garlic.
2. Add all ingredients above (minus the garlic) to a medium bowl. Stir to combine.
3. In a smaller bowl, whisk together juice from the limes, oil, salt and garlic.

Nutrition Information- Per serving

Calories	170	Total Sugars	2g	Sodium	609mg
Protein	6g	Total Fat	8g	Cholesterol	0g
Carbohydrate	24g	Saturated Fat	1.1g	Fiber	5g

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