# Texas Caviar

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

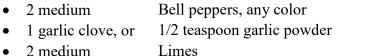
• 2 (15 ounce) cans Black beans

• 1 (15 ounce) can Corn

5 medium Plum tomatoes1 stalk Green onion

2 medium Limes5 Tablespoons Olive oil1 teaspoon Salt

• 1 garlic clove, or 1/2 teaspoon garlic powder



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#### **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	<b>Total Sugars</b>	2g	Sodium	609mg
Protein	6g	Total Fat	8g	Cholesterol	0g
Carbohydrate	24g	Saturated Fat	1.1g	Fiber	5g