



# COWBOY CAVIAR

## MACROS | SERVING SIZE

Protein 18g | Fat 22g | Carbs 68g

## % CALORIES OF MACROS | SERVING SIZE

Calories 520 | Protein 13% | Fat 37% | Carbs 50%

## NUTRIENTS | SERVING SIZE

Fiber 19g | Sodium 280mg | Sat. Fat 3g

## INGREDIENTS (serves 4)

¼ cup olive oil  
2 tbsp. apple cider vinegar  
2-3 tbsp. lime juice  
¼ tsp. cumin  
¼ tsp. garlic powder  
¼ tsp. onion powder  
2 tsp. granulated sugar  
½ fresh avocado, mashed, pureed  
Black pepper to taste  
1 8-9 oz can of sweet corn (no salt added)  
1 14.5 oz can of petite diced tomatoes (no salt added)

## DIRECTIONS

Add the mashed avocado, dry spices, sugar, oil, juice, and vinegar in a medium-sized mixing bowl. Whisk until well blended. Set aside.

Drain the liquid from the tomatoes and corn and add the solids to a larger bowl. Drain and rinse the beans, pat dry, and add to the large bowl. Add the fresh produce and mix.

Drizzle the first bowl (dressing) over the ingredients in the larger bowl. Toss to blend. Cover and place in the refrigerator for at least 4 hours to meld the flavors.

Before serving, place 8-10 chips (2 oz) on a plate and top with 1/8th of the "caviar."

## NOTES

- Make this an office party passing dish by adding one 9x9 pan yield of prepared cornbread cubed to the caviar 1-2 hours before serving. To make the dish more filling and add more protein, consider adding warmed cooked chicken breast and mixed greens and top with nonfat Greek yogurt.

2 tbsp. canned jalapeno peppers, minced  
1 15.5 oz. can of black beans (low sodium)  
1 15.5 oz can of black-eyed peas, (low sodium)  
½ medium bell pepper (green or red), diced  
½ medium red onion, diced  
1-2 fresh jalapeno peppers, seeds removed, diced  
1 clove garlic, minced (optional)  
½ cup chopped fresh cilantro  
1 9-10 oz bag of multigrain tortilla chips  
Salt to taste (optional)

## NUTRITION EDUCATION

Food is not nourishing to the body if it is not eaten. In its package, it may have all the health attributes for the "perfect superfood," but until consumed, it does not nourish. Consuming nutritious food regularly is essential for good health and fitness goals. Consistency is key. One of the first steps in building a healthy eating pattern is to choose food items you enjoy and are not difficult to prepare is the first step in building a healthy eating pattern. Focusing on the perfect diet or the "perfect foods" stops people from starting a nourishing journey. Many others may start but stop just as quickly. Building a healthy eating pattern is more than just being comprised of "perfectly nutritious foods." It must be possible to sustain it for a long time, and it is compatible with one's lifestyle and financial resources. Using carefully chosen canned goods or processed foods or allowing some room for indulgences is okay. Let our Dietitian Approved Thumb guide you and look at the Nutrition Facts Panel.

Aim to start someplace or improve one aspect of the diet. For example, make a goal to not eat out for lunch and to build a meal that covers all the food groups, has a variety of colors, and is loaded with vegetables. If you prefer a quick and easy cooking method that yields a versatile dish, consider making a big batch of something that can be served in various ways. Just be sure to aim for recipes with good sources of fiber and different fruits and vegetables — and keep your unhealthy fat, sodium, and added sugar in check. This meal includes all the food groups and offers a variety of vegetables. Consider various options to serve this particular dish. For example, serve it warm over brown rice or cold over a bed of greens. Try it as an afternoon snack with a few tortilla chips or whole wheat crackers.

## DIETITIAN TIP

Use canned legumes such as black beans or kidney beans. Drain them and add your favorite chopped veggies and a little dressing. Keep this mixture to top a baked potato, salad greens, or cooked boneless, skinless chicken breast.