

# DEER VALLEY TIMES

HYPER LOCAL NEWS FOR THE PHOENIX NORTH VALLEY

Posted Feb 5 2013 by deervalley in News, Uncategorized

## Cowboy Caviar

*Chef Michael McCauley*

Cowboy caviar is one of those dishes that almost everybody loves, and it's healthy too! It's very easy to make and, since it doesn't involve cooking, it can be a great opportunity to get kids involved in the kitchen. They love measuring, combining ingredients, and mixing everything together.

Serve it as a replacement for high calorie dips, use it as a topping for burgers and baked potatoes, or add it as a garnish on steak, chicken or fish.

Yield: 24 servings ( Serving Size: About 1/4 cup)

Prep time: 20 Minutes

### Ingredients

- 2 15 oz cans black beans, rinsed
- 1 17 oz can whole kernel corn, drained
- 2 Large tomatoes, chopped
- 1 Large avocado, diced
- 1/2 Red onion, finely chopped
- 1/4 Fresh cilantro, chopped (optional)
- 1 Tbsp Red wine vinegar
- 3 Tbsp Lime juice
- 2 Tbsp Olive oil
- Salt and pepper to taste

### Preparation

Combine all ingredients in a large bowl. Add salt and pepper to taste. Cover and chill for at least one hour before serving. Serve with tortilla chips, use as topping for salad, baked potatoes or burgers, or add as garnish with other meals.

### Nutrition Facts (per serving)

Calories: 67; Calories from Fat: 20; Fiber: 3 g



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*Michael McCauley is a Personal Fitness Chef and Nutrition Specialist, author and speaker. His company, Vitaerobics, has helped more than 750,000 people create their own healthy family future. Get his FREE eBook "Overcoming Portion Distortion: How to Eat Less in a Super Sized World" at: [www.HealthyFamilyFuture.com/gift](http://www.HealthyFamilyFuture.com/gift).*

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