



Cowboy Salad



Oregon State
University

Ingredients

- 2 cans (15 ounces) **black-eyed peas** or **black beans** (try a mix, or other types)
- 1 ½ cups **corn** (canned and drained, frozen, or fresh cooked)
- 1 bunch **cilantro**
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado** (optional)
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- ½ teaspoon each **salt** and **pepper**

Makes: 8 cups
Prep time: 20 minutes



Directions

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

Notes

- Use as a filling for tacos, burritos or wraps, on a burger, over a baked potato, or as a snack with tortilla chips.
- Try adding other vegetables such as sweet or hot peppers, cucumber or zucchini.
- Freeze extra lime juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender

Nutrition Facts

Serving Size 1/2 cup (105g)
Servings Per Container 15

Amount Per Serving

Calories 60 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 3g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Nutrition Facts	
Serving Size 1/2 cup (118g)	
Servings Per Container 15	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	