6/12/2019 Cowboy Salad



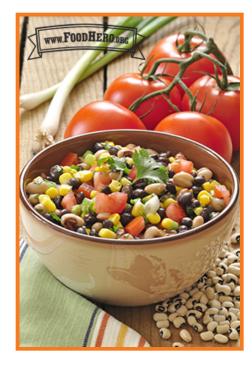
# **Cowboy Salad**



# 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
- 1/2 teaspoon each salt and pepper





## **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
- 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!

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Nutrition Facts Serving Size 1/2 cup (105g) Servings Per Container 15			
Amount Per Ser	ving		
Calories 60	Cald	ories fron	n Fat 10
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg 0%			0%
Sodium 310mg			13%
Total Carbohydrate 11g 4%			
Dietary Fiber 3g			12%
Sugars 1g			
Protein 3g			
Vitamin A 2%	\	Vitamin (	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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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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 Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 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 Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate 65g 20g 300mg 2,400mg 300g 80g 25g 300mg 2,400mg 375g Dietary Fiber 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4