

Kick off the New Year with a bright and festive dish that is low in calories and fat and high in fiber. Adding some diced green jalapeño peppers adds some additional color and heat! See the additional recipe at the bottom for homemade tortilla chips but this is also delicious on top of salad or baked fish.

Cowboy Caviar

Black Bean Salsa

Ingredients

- 2 (15oz) cans black beans, rinsed
- 1 (17 oz) can whole kernel corn, drained
- 2 large tomatoes, chopped
- 1 large avocado, diced
- 1/2 red onion, chopped
- 1/4 cup chopped fresh cilantro

Dressing

- 1 Tbsp red wine vinegar
- 3-4 Tbsp lime juice
- 2 Tbsp olive [oil](#)
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Combine all ingredients in bowl.
2. Cover and chill.
3. Garnish with avocado slices or cilantro sprigs.
3. Serve with tortilla chips

Number of Servings: 24

Tortilla chips make a fabulous addition to this recipe. Try making your own! Here's how:

Whole-wheat pita chips: Split each pita into 2 disks by cutting around the seam. Slice into wedges, place on an un-greased cookie sheet, dust with cooking spray and (for variety) garlic powder or Parmesan, bake at 350 degrees for 10 minutes or until edges are crispy.

Nutritional Info

Servings Per Recipe: 24

Amount Per Serving
Calories: 56.7
Total Fat: 1.7 g
Cholesterol: 0.0 mg
Sodium: 122.2 mg
Total Carbs: 8.8 g
Dietary Fiber: 2.4 g
Protein: 2.5 g