

Plate Dream

Cowboy Caviar: Easy, Fresh Recipe

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can black beans, rinsed and drained
- [ ] 1 cup sweet corn kernels (fresh or frozen, thawed)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, finely minced
- [ ] 1/4 cup fresh cilantro, chopped

Dressing

- [ ] 3 tbsp freshly squeezed lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp black pepper

Instructions

1. Gather all ingredients; rinse beans and drain well.
2. In a large bowl, combine beans, corn, tomatoes, bell pepper, and onion.
3. Whisk together lime juice, olive oil, cumin, salt, and pepper; pour over the veggie mixture.
4. Toss gently until everything is evenly coated; fold in cilantro.
5. Taste and adjust seasoning; let rest 10 minutes before serving.

Nutrition per serving

180 kcal	7 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little heat, add a pinch of crushed red pepper flakes.
- For extra brightness, stir in a teaspoon of orange zest.
- Serve chilled for a refreshing bite on warm days.