

Zucchini Bread Recipes

Easy Cowboy Caviar Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 1 can (15 oz) black beans, rinsed and drained
- [ ] 1 cup corn kernels (fresh, frozen, or canned)
- [ ] 1/2 cup diced red bell pepper
- [ ] 1/2 cup diced yellow bell pepper
- [ ] 1/4 cup finely diced red onion
- [ ] 2 tbsp chopped fresh cilantro

Dressing

- [ ] 3 tbsp freshly squeezed lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp honey or agave
- [ ] 1/2 tsp ground cumin
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. In a large bowl, combine the black beans, corn, red and yellow bell peppers, and red onion.



2. In a small cup whisk together lime juice, olive oil, honey, cumin, salt, and pepper until emulsified.



3. Pour the dressing over the bean mixture and toss gently until everything is evenly coated.



4. Stir in the chopped cilantro and let the salad rest for 10 minutes.



5 Serve chilled or at room temperature, perhaps alongside cowboy queso for a heartier spread.



Nutrition per serving

210 kcal	9 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using canned corn, rinse it well to avoid excess salt.
- Adjust the lime level according to the acidity of the fruit you have.
- A pinch of smoked paprika adds a subtle smoky note without overpowering.