



COWBOY CAVIAR

MACROS | SERVING SIZE

Protein 18g | Fat 22g* | Carbs 68g

% CALORIES OF MACROS | SERVING SIZE

Calories 520 | Protein 13% | Fat 37% | Carbs 50%

NUTRIENTS | SERVING SIZE

Fiber 19g | Sodium 280mg | Sat. Fat 3g

INGREDIENTS (SERVES 8)

- ¼ cup olive oil
- 2 tbsp. apple cider vinegar
- 2-3 tbsp. lime juice
- ¼ tsp. cumin
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 2 tsp. granulated sugar
- ½ fresh avocado, mashed, pureed
- Black pepper to taste
- 18-9 oz can of sweet corn (no salt added)
- 114.5 oz can of petite diced tomatoes (no salt added)

- 2 tbsp. canned jalapeno peppers, minced
- 115.5 oz. can of black beans (low sodium)
- 115.5 oz can of black-eyed peas, (low sodium)
- ½ medium bell pepper (green or red), diced
- ½ medium red onion, diced
- 1-2 fresh jalapeno peppers, seeds removed, diced
- 1 clove garlic, minced (optional)
- ½ cup chopped fresh cilantro
- 19-10 oz bag multigrain tortilla chips
- Salt to taste (optional)

DIRECTIONS

In a medium sized mixing bowl, add the mashed avocado, dry spices sugar, oil, juice and vinegar. Whisk until well blended. Set aside.

Drain the liquid from the tomatoes and corn and add the solids to a larger bowl. Drain and rinse the beans, pat dry and add to the large bowl. Add the fresh produce and mix.

Drizzle the first bowl (dressing) over the ingredients in the larger bowl. Toss to blend. Cover and place in the refrigerator for at least 4 hours to meld the flavors.

Prior to serving, place 8-10 chips (2 oz) on a plate and top with 1/8th of the "caviar."

TIPS

Make this an office party passing dish by adding one 9x9 pan yield of prepared cornbread, cubed to the caviar 1-2 hours before serving. To make the dish a bit more filling and add a more protein, consider adding warmed cooked chicken breast and mixed greens and top with nonfat Greek yogurt.

Food is not nourishing to the body if it is not eaten. In it's package it may have all the health attributes for the "perfect super food" but until it is consumed, it did not nourish. Taken another step, consumption of nutritious food from time to time, will not have substantial benefit to health or fitness goals. Consistency is key. One of the first steps in building a healthy eating pattern is to choose food items you will enjoy and are not difficult to prepare is the first step in building a healthy eating pattern.

Often times, focusing on the perfect diet or the "perfect foods" stops people from starting down the path of a nourishing journey. For many others, they may start but stop just as quickly. Building a healthy eating pattern is more than just being comprised of "perfectly nutritious foods". It is one that can be maintained overtime and works with lifestyle and means. Using carefully chosen canned goods or processed foods, or allowing some room for indulgences is okay. Let our Dietitian Approved Thumb guide you and/or look at the Nutrition Facts Panel.

Aim to start some place or improve one aspect of the diet. For example, make a goal to not eat out for lunch and to build a meal that covers all the food groups, has a variety of colors, and is loaded in vegetables. If making a big batch of something that can be served in a variety of ways works for you and takes limited cooking skills and time, then do so. Just be sure to aim for recipes with good sources of fiber and a variety of fruits and vegetables — and keep your unhealthy fat, sodium and added sugar in check.

This meal includes all of the food groups and offers a variety of vegetables. Think about different ways this dish could be served. For example, serve it warm over brown rice, or cold over a bed of greens. Try it as an afternoon snack with a few tortilla chips or whole wheat crackers.

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