

Cowboy Caviar Dip

Serving Size 1/2 cup

Servings 20



Nutrition Information

Calories	115
Fat	7 g
Carbs	10 g
Fiber	3 g
Protein	3 g

Health Benefit

[Low Fat](#)

Ingredients

- 1 can [black beans](#), drained and rinsed
- 1 can [black-eyed peas](#), rinsed and drained
- 4 [Roma tomatoes](#), diced
- 2 cups [corn](#)
- 1/2 medium [onion](#), chopped
- 2 [bell peppers](#), chopped
- 1 cup [Italian salad dressing](#)
- 3/4 cup [cilantro](#), chopped
- 1 [lime](#), juiced (about 3 tablespoons)

Directions

1. Prepare all the ingredients.
2. Combine all ingredients in large mixing bowl.
3. Mix in dressing to taste.
4. Refrigerate until time to serve.

[Felicia Porrazza, MDA, RDN, LDN – Do It Better Wellness™](#)