



COWBOY CAVIAR WITH DRESSING

SERVINGS: 50 CALORIES: 198 KCAL

This colorful salad includes black beans, tomatoes, corn, and onions for great flavor and appeal. This is a no cook dish that is easy to prepare.

INGREDIENTS

8 pounds 2 ounces Black Beans, canned
 3-1/8 cups Tomatoes, red, ripe, chopped
 1-3/8 No. 10 can Corn, canned, whole kernel (liquid pack) drained
 9-1/4 ounce Onions, spring or scallions (incl. tops and bulb) raw
 3-1/8 cups Cilantro, raw, chopped
 2 cup 2 tablespoons Vegetable Oil
 1/4 cup Garlic, granulated
 3-1/8 cups Vinegar, cider
 2-1/2 tablespoons Cumin, ground
 1 teaspoon Pepper, black
 1 cup Lime Juice

INSTRUCTIONS

1. Drain and rinse beans. Drain canned corn and tomatoes. Mix beans, corn, diced tomatoes.
2. Finely chop cilantro and scallions/green onions. Add to bean mixture from step 1.

DRESSING:

1. Whisk oil, vinegar, cumin, pepper and garlic together. Pour over salad and chill to marinate until service.

RECIPE NOTES

CCP: Hold at 41° F or below for cold service.

Serving 3/4 cup

Crediting: 3/4 cup=1/4 cup legume/vegetable, 1/4 cup starchy vegetable, 1/4 cup other

NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 198 kcal | Saturated fat: 1.53 g | Sodium: 179.14 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.