

# COWBOY CAVIAR

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## Ingredients

6 Roma Tomatoes chopped  
1 green pepper seeded and diced  
1 medium onion chopped  
1 jalapeño pepper seeded and diced or canned green peppers  
1 large avocado diced  
1 bag of frozen sweet corn (thawed) or fresh corn  
15 oz can black beans rinsed and drained  
1/4-1/2 c chopped cilantro  
3 T lime juice  
1/2 c light Italian Dressing  
1 garlic clove diced

## Instructions

1. In a large mixing bowl combine tomatoes, onion, bell pepper, jalapeño (to taste), corn, black beans and cilantro.
2. Mix lime juice, Italian dressing and garlic. Right before serving add avocados.

Serve with chips or as a salad.