



EATING SMART
BEING ACTIVE

Cowboy Caviar

Makes: 16 servings (½ cup per serving)

Preparation Time: 10 minutes

Ingredients

- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 1 (4 ounce) can chopped green chiles, not drained
- 1 (15 ounce) can crushed or diced tomatoes, not drained
- ½ medium onion, minced
- 3 limes, juiced (optional)
- 1 tablespoon vegetable oil
- Salt to taste
- Black pepper to taste
- Hot sauce (optional)

Directions

1. Before starting to prepare the recipe:
 - a. Open, drain, and rinse beans and corn.
 - b. Open chiles and tomatoes, but do not drain.
 - c. Mince and measure the remaining ingredients.
 - d. Wash and juice the limes into a small bowl (if using).
2. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
3. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
4. Taste. Add a small amount of salt and black pepper if desired.
5. Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook and/or raw vegetables.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

Nutrition Facts	
16 servings per container	
Serving size	1/2 Cup (137g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 192mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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Plan, Shop, \$ave



EATING SMART
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Caviar vaquero

Rinde: 16 porciones (1/2 taza por porción)

Tiempo de preparación: 10 minutos

Ingredientes

- 1 lata (15 onzas) de frijoles rojos, escurridos y enjuagados
- 1 lata (15 onzas) de frijoles negros, escurridos y enjuagados
- 1 lata (15 onzas) de maíz, escurrido y enjuagado
- 1 lata (4 onzas) de chiles verdes picados, sin escurrir
- 1 lata (15 onzas) de tomate triturado o en cubos, sin escurrir
- 1/2 cebolla mediana picada
- Jugo de 3 limas (opcional)
- 1 cucharada de aceite vegetal
- Sal a gusto
- Pimienta negra a gusto
- Salsa picante (opcional)

Nutrition Facts	
16 servings per container	
Serving size	1/2 cup (132g)
Amount Per Serving	
Calories	150
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 162mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 2.16mg	10%
Potassium 799mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparación

7. Antes de comenzar a preparar la receta:
 - a. Abrir las latas de chile y tomate sin escurrir.
 - b. Picar y medir el resto de los ingredientes.
 - c. Lavar las limas y exprimir el jugo en un recipiente pequeño (si va a usar).
8. Mezclar los frijoles rojos, los frijoles negros, el maíz, el chile, los tomates y la cebolla picada en un recipiente grande.
9. Agregar el jugo de lima (si va a usar) y el aceite a la mezcla de frijoles y mezclar suavemente.
10. Probar. Agregar una pequeña cantidad de sal y pimienta negra, si es necesario.
11. Servir como dip con los *chips de tortilla horneados* del libro de cocina *¡A cocinar!* del programa *Coma bien • Manténgase activo y/o con vegetales crudos*.
12. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

¡Sea creativo! Sustituya los frijoles por cualquier clase de frijoles que tenga en casa. Para dar un toque de picante, agregue jalapeños picados o salsa picante.



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