

Cowboy Salad

This recipe contains a variety of vegetables, which may help protect you against many chronic diseases.

Ingredients:

- 2 (15-ounce) cans **black-eyed peas** or **black beans**
- 1 (15-ounce) can **corn**
- 1 small bunch of **cilantro**, or to taste
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado** (*optional*)
- 1 tablespoon canola or **vegetable oil**
- 2 tablespoons **vinegar** or **lime juice**
- Salt** and **pepper** to taste

Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the avocados and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Serve with your favorite meal or as a snack with tortilla chips.

Tip

Try adding other vegetables such as sweet or hot peppers or zucchini.

Bright Ideas:

Nutrition Facts	
Serving Size 1/2 cup (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 8%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: 1997. OSU Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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