



Colorful Cowboy Dip

INGREDIENTS

2 cans black beans, drained	<u>Dressing</u>
2 cups corn, (canned/drained, or frozen)	1 Tbsp. canola oil
1 bunch cilantro	1 Tbsp. vinegar
1 bunch green onions (5 green onions)	1 Tbsp. lime juice
3 medium tomatoes	½ tsp. salt
1 sweet bell pepper, diced	½ tsp. pepper

DIRECTIONS

1. Wash hands, drain and rinse corn and black beans. Add to a large bowl. Set aside.
2. Finely chop cilantro and green onions. Add to bowl with corn and beans.
3. Rinse and dice tomatoes. Add to large bowl.
4. Rinse and dice sweet bell peppers. Add to large bowl.
5. In a small bowl, mix vinegar, lime juice, salt, and pepper together. While whisking, add canola oil.
6. Add oil mixture to large bowl. Stir to combine.
7. Serve immediately with chips or crackers, and store leftovers in the refrigerator within 2 hours.

Nutrition Facts per 1/2 cup serving: 60 calories, 2 g. protein, 3 g. total fat, 7 g carbohydrates, 2 g dietary fiber, 100 mg sodium