



# texas caviar

## ingredients

- 1 can black-eyed peas or chickpeas
- 1 can black beans
- 1 can corn
- 1/2 red onion
- 1 green pepper
- 1 red pepper
- 3/4 cup apple cider vinegar
- 1/2 cup vegetable oil
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon pepper

**Nutrition per serving:**  
310 Calories  
15 grams Fat  
300 milligrams Sodium  
38 grams of Carbohydrates  
9 grams of Protein  
10 grams of fiber

## directions

1. Drain and rinse black-eyed peas, black beans, and corn and combine in large bowl.
2. Chop red onion, green and red pepper and add to beans and corn mixture.
3. Whisk together apple cider vinegar, oil, sugar, salt and pepper.
4. Mix dressing and vegetables together and serve cold.

**Use to top a salad or eat with tortilla chips as an appetizer!**

**Total Servings: 8**  
**Serving Size: 1 CUP**  
**Time: 20 MIN**



G L E A N E R S