

SNACK OR SIDE

Cowboy Caviar

Makes 6 servings · about ¾ cup each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 8 g · Fiber 8 g · Calories 160	

Ingredients

- 1 can chickpeas
- 1 can black beans
- 1 orange (or any colorful) bell pepper
- 1 can corn
- 2 Roma tomatoes, chopped
- ¼ cup chopped onion
- ½ cup chopped cilantro
- 1 garlic clove, minced
- 2 Tbsp lime juice
- Salt and pepper to taste (optional)

Directions

1. Drain and rinse the beans and corn.
2. Chop the vegetables.
3. Mix all ingredients in a bowl.
4. Chill in the refrigerator before serving.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 orange bell pepper
- ☐ 2 Roma tomatoes
- ☐ 1 medium onion (about ¼ cup chopped)
- ☐ 1 bunch cilantro (about ½ cup)
- ☐ 1 garlic clove
- ☐ 1 lime (for about ⅓ cup juice)

PANTRY & DRY GOODS

- ☐ 1 can chickpeas
- ☐ 1 can black beans
- ☐ 1 can corn

CHECK YOUR PANTRY

- ☐ Salt