

Cowboy Caviar

Total Time: 10 minutes

Instructions

1. Combine all ingredients and stir to mix and coat with salsa
2. Serve with tortilla chips or eat it on its own

Ingredients

Large tomato, diced, or can of Rotel

Avocado, cut into small chunks

Red onion, diced

Can of reduced sodium or no salt added corn

Can of reduced sodium or no salt added black beans, drained and rinsed

6 oz jar of salsa, hot or mild

¼ cup cilantro, chopped

Splash of lime juice

Splash of lemon juice