

Long Livo

Cowboy Caviar Recipe – Easy Fresh Snack

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 (15-ounce) can black beans, drained and rinsed
- [ ] 1 cup sweet corn kernels (fresh or frozen)
- [ ] 1 small red bell pepper, diced
- [ ] 1 small yellow bell pepper, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tablespoons fresh cilantro, chopped

For the Dressing

- [ ] 3 tablespoons freshly squeezed lime juice
- [ ] 2 tablespoons extra-virgin olive oil
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] Optional: pinch of cumin or chili flakes for heat

Instructions

1. Gather all ingredients; rinse beans and corn, then pat dry.
2. Dice the red and yellow bell peppers and finely chop the red onion; set aside.
3. In a small bowl, whisk together lime juice, olive oil, salt, pepper, and optional spices to create the dressing.
4. In a large mixing bowl, combine beans, corn, peppers, onion, and cilantro; pour the dressing over and toss gently until everything is evenly coated.
5. Taste and adjust seasoning, then let the dip rest for 10-15 minutes. Serve with chips or as a topping for tacos.

Nutrition per serving

210 kcal	9 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, add a handful of toasted pumpkin seeds just before serving.
- If you prefer a milder dip, reduce the lime juice by half.
- The dip can be chilled for an hour; the flavors will become more integrated.