

Cowboy Salad

This recipe contains a variety of vegetables, which may help protect you against many chronic diseases.

Ingredients:

- 2 15-ounce cans **black-eyed peas** or **black beans**
- 1 15-ounce can **corn**
- 1 small bunch of **cilantro**, or to taste
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado** (*optional*)
- 1 tablespoon canola or **vegetable oil**
- 2 tablespoons **vinegar** or **lime juice**
- Salt** and **pepper** to taste

Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the avocados and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Serve with your favorite meal or as a snack with tortilla chips.

Tips: Try adding other vegetables, such as sweet or hot peppers or zucchini.

Nutrition Facts

Serving Size 1/2 cup (100g)
Servings Per Container 12

Amount Per Serving

Calories 70 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 8% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

12 servings, 1/2 cup each

Bright Ideas:

Source: Adapted from recipe in Sunset Magazine, March 1997. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>