

## **Cowboy Caviar (Bean Salad)**

### INGREDIENTS:

- (1) 10oz bag of frozen corn
- (1) 16oz can of garbanzo beans
- (1) 15oz can of black beans
- (1) 10oz bag of shelled edamame beans
  
- (1) Red/orange pepper
- (1) Red onion
- (1) White onion
- Preferred olive oil (I like to use extra virgin)
- Cumin
- One bunch of cilantro
- Limes (at LEAST 2)
- Salt & Pepper

Rinse and strain all the beans pat dry with a paper towel as best as you can to absorb excess water and place it in a large bowl. Add in the corn and edamame. Dice the whole pepper and add it to the bowl. Dice half of the white onion and 1/3 of the red onion and add it to the bowl. \* Wash half of the cilantro bunch, chop and add to the bowl. Add 1/3 cup of olive oil. Squeeze limes and add the juice to the bowl. \* Add 1 TBSP of cumin, and a generous TSP of salt and ½ TSP of pepper. Mix altogether and add more lime juice, cumin, salt and pepper to your preferred taste.

Chill in the refrigerator for at least 1 hour, but it is ready to eat right away if you can't wait!

\*This is a preference measurement, add and take away to your liking.

NOTES: You can use yellow pepper if that's what you have on hand, but the red and the orange make it more colorful! White onion is quite mild, if you like onion add more, if you don't like it, you may substitute with 1 TSP of onion powder. Red onion is much stronger; I like to dice these into tiny pieces. The best lime juice is fresh limes, I usually tend to use at least 2-3 limes, but again it's your preference. I love cilantro, not everyone's favorite, but I tend to use a whole bunch of cilantros when making it for myself! I like to make the salad, taste it to make sure it's balanced then chill for 1 hour and taste it again.

I did not create this salad; I only modified it from a recipe I found years ago that I can no longer find. It's perfect for the summer! Enjoy!