

Healthy Options Recipe

Cowboy Caviar

Ingredients:

- 1 can black beans (drained and rinsed)
- 1 can red kidney beans (drained and rinsed)
- 1 can corn (drained)
- 2 tomatoes(chopped)
- 1 green bell pepper (chopped)
- ½ of a red onion(chopped)
- ½ cup of fat-free Italian dressing (add more if needed)

Directions:

Add all ingredients together in a mixing bowl and stir. Serve with multigrain chips or whole wheat pita chips!

This recipe is provided by SHS Wellness Programs.

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