COWBOY CAVIAR

1 can black beans, drained and rinsed
1 can black-eyed peas, drained and rinsed
1 can pinto beans or kidney beans, drained and rinsed
1 can white shoepeg corn, drained and rinsed
1 can yellow corn, drained and rinsed
1 to 2 bell peppers, any color or a mix, seeded and diced
1/2 red onion or Vidalia onion, chopped small
1 tomato, diced (optional)
1/4 to 1/2 cup cilantro or parsley, rinsed and chopped



Dressing:

1/4 cup red wine vinegar or
2 tbsp each red wine vinegar and rice vinegar or
1/4 cup Bragg Oil-Free Vinaigrette*



Optional garnish:

Chopped scallions, green and white parts
Fresh cilantro or parsley, carefully rinsed and chopped

Combine all ingredients and chill. Letting it sit 8 hours or overnight is best.

*I don't often recommend specific products as ingredients. However, it can be hard to find Italian dressing or vinaigrette that is (a) oil-free and (b) not full of dubious ingredients. Bragg's is both. Be careful to choose the oil-free variety: Bragg's makes both.



The Bragg's Oil-Free Vinaigrette contains: Water, Organic Apple Cider Vinegar, Organic Apple Juice Concentrate, Organic Dried Onion, Organic Black Pepper, Xanthan Gum.