



Cowboy Caviar - Bean Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 can (14 oz) black-eyed peas, drained and rinsed
- 1 can (14 oz) black beans, drained and rinsed
- 1 ½ cups corn (thawed from frozen, or off the cob)
- 1 orange bell pepper, diced
- ½ cup diced red onion
- 1-2 medium jalapeño peppers, finely chopped
- 2 cups cherry tomatoes, halved
- 1 lime, zested and juiced
- 2 large avocados, pitted and diced
- 2 spring onions, thinly sliced (both green and white parts)
- ¼ cup fresh cilantro or parsley
- Tortilla chips for serving

Dressing

- 2 ½ tablespoons O&V **Jalapeno vinegar** *
- 3 tablespoons O&V [Lime oil](#) *
- 2 -3 cloves garlic, minced
- 1 teaspoon cumin powder
- ½ teaspoon cayenne pepper
- 1 teaspoon **Runamok Maple Syrup or honey** *

1 ¼ teaspoon kosher salt
¾ teaspoon fresh cracked pepper

Preparation

Make the dressing by placing all the ingredients in a jar or dressing mixer and shaking well to combine: vinegar, oil, garlic, cumin, cayenne, maple syrup, salt and pepper.

In a large serving bowl, stir together the black-eyed peas, black beans, tomatoes, corn, bell pepper, red onion, spring onions, minced jalapeño, lime zest and half the lime juice.

Dice the avocado and drizzle with the remaining lime juice.

Pour the dressing over the bean mixture and toss to combine. Gently toss in the avocado and the cilantro/parsley. Refrigerate for 30-60 minutes for the flavors to come together and serve with tortilla chips

Serves 8

Active time 20 minutes Total Time: 20 minutes

Notes

* The [Lime oil](#) adds a nice additional layer of citrusy flavor but feel free to substitute with [Roasted Garlic Oil](#), or your favorite high quality [Unflavored EVOO](#) . The Jalapeño vinegar is not as spicy as you would think and adds a nice equilibrium of sweet and tart to the dressing and the **Runamok Maple Syrup** acts as a balancing binder for the dressing

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Appetizer, Gluten Free, Dairy Free, Vegetarian, Vegan, Plant Based, Party Food, Healthy Tailgating, Cowboy Caviar, Helen Corbitt, Lime Oil, Roasted Garlic Oil, Unflavored EVOO, Jalapeño Vinegar