



April 11- Cowboy Caviar

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1119991>

Recipe

Ingredients:

- 15-ounce can corn
- 15-ounce can garbanzo beans
- 15-ounce can black beans
- 2 large tomatoes
- ¼ cup cilantro
- ½ cup onion
- ¼ cup green onion
- 1 green pepper
- ½ cup fat-free Italian dressing

Directions:

1. Mix all ingredients together in large bowl.
2. Serve with whole-grain chips.

Yield 20 servings

Nutrition Facts

Serving Size 1/2 cup (93.49g)
Servings Per Container 20

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 5g **22%**

Sugars 4g

Protein 6g **12%**

Vitamin A 6% • Vitamin C 15%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.