



Eat Well

Cowboy Caviar

Directions

Mix all ingredients and refrigerate overnight. Serve with baked chips.

Ingredients

- » 1 can black beans
- » 1 can black eyed peas
- » 1 can shoe peg corn (white corn)
- » 5 Roma tomatoes
- » 1 green pepper
- » 1 cup fat free Italian dressing

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