



*From the kitchen of:*  
Blue Zones Project®

# Cowboy Caviar

## *Ingredients:*

- 1 cup olive oil
- ½ cup cider vinegar
- ¼ cup Stevia
- 1 can black soy beans, unsalted & drained
- 1 can Adzuki beans, unsalted & drained
- 3 ears of sweet corn, grilled
- ½ of a red onion
- 1 each of yellow, red, and green bell peppers, finely chopped
- 1 jalapeño, finely chopped

## *Directions:*

In a bowl, mix together all beans, corn, red onion, and peppers. Pour olive oil, cider vinegar, and Stevia over the vegetable mixture and stir. Let the “caviar” marinate in refrigerator overnight for best taste results (the longer it sits, the tastier it becomes). Drain thoroughly, and serve with unsalted corn tortilla chips.

***Servings:*** A little less than one gallon of chip dip! Serves 8  
Per Serving: 394 calories, 30 g. fat, 19 mg. sodium, 6 g. fiber, 9 g. protein

