

Cowboy Dip



Ingredients:

- 1 can black beans, rinsed and drained
- 1 can sweet or shoepeg corn, drained and rinsed
- 3 small tomatoes, diced
- 2 avocados, diced
- 1/4 cup red onion, diced
- 1/4 cup cilantro, chopped finely
- Juice of 1 lime
- 1/2 teaspoon salt
- 1/2 cup Italian dressing

Instructions:

1. Place beans, corn, tomatoes, avocado, onion and cilantro into a large mixing bowl.
2. Squeeze lime juice over the avocados to prevent browning. Add salt and Italian dressing.
3. Stir until well-combined.
4. Cover and chill in the refrigerator for 1 hour prior to serving.
5. Serve with whole grain crackers or multigrain chips.



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