

Cowboy Salad

Prep Time: 1 hour and 15 minutes

Makes 9, 1/2 cup servings



Ingredients:

- 1 can black beans, drained & rinsed
- 1 can corn, drained & rinsed
- 1 bell pepper (any color), chopped
- 2 tomatoes, chopped (or 1 can diced tomatoes, drained)
- 1/4 cup onion (any kind of onion), chopped
- 1 Tablespoon lime juice
- 1 cup salsa from a jar
- 1 teaspoon cumin
- 1/2 teaspoon chili powder (optional)
- 1/2 teaspoon garlic powder (optional)

Directions:

1. Mix all ingredients together in a bowl with a tight fitting lid.
2. Serve immediately or place in refrigerator until serving. (Flavor is best if mixture sets for at least 1 hour)
3. Use as a side dish or serve with baked tortilla chips (see recipe on back).

**Beans are a good source of soluble fiber,
which can help lower cholesterol!**



*Cerro Gordo County
Department of Public Health*

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Make your own baked tortilla chips!

Ingredients:

- 1 package corn or flour tortillas (whole wheat, if possible)
- Cooking Spray
- Seasonings Ideas: cinnamon and sugar, italian seasoning, garlic powder, pinch of salt, dried herbs or spices

Directions:

1. Preheat oven to 375°F.
2. Cut each tortilla into 8 triangles using a pizza cutter.
3. Place on cookie sheet and lightly spray triangles with cooking spray. Sprinkle with a pinch of salt (or other seasoning of choice).
4. Bake about 3-5 minutes, or until lightly browned and crispy.

Serving Size: 1/2 cup salad

Nutrition Facts:

Calories: 84

Fat: 1 g

Saturated Fat: 0 g

Sodium: 172 mg

Total Carbohydrates: 16 g

Fiber: 4 g

Protein: 4 g



**Cerro Gordo County
Department of Public Health**
Nutrition Services

For more recipes and information about FREE public health services visit:
www.cghealth.com or call 641-421-9300