Cowboy Caviar  
Makes 10 servings

Ingredients:
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 tablespoon cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1 can (15 ounces) beans (drained and rinsed)
- 3/4 cup frozen corn, thawed
- 1/2 cup onion, diced (1/2 medium onion)
- 1/2 cup bell pepper, diced (1/2 medium bell pepper)
- 1 cup tomatoes, chopped (1 medium tomato)
- 1 avocado, chopped

Directions:
1. Whisk oil, vinegar, lemon juice, and mustard in a small bowl.
2. Stir beans, corn, onion, bell pepper, and tomatoes in a medium bowl.
3. Pour liquids over bean mixture. Cover. Refrigerate until ready to serve.
4. Add avocado just before serving. Gently stir to combine.

Tips:
Serve with tortilla chips. Or serve as a filling for a tortilla or lettuce wrap. Change the flavors in this recipe by adding different seasonings like salt and pepper, garlic powder, cilantro, or chili powder.

Source: Cornell University Cooperative Extension – Iowa State Extension.