



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Cowboy Caviar

Yields: 8 servings (a little less than 1 gallon of chip dip!)

Per serving: 394 calories, 30 g fat, 19 mg sodium, 6 g fiber, 9 g protein

Ingredients

- 1 cup olive oil
- 1/2 cup cider vinegar
- 1/4 cup Stevia
- 1 can black soy beans, unsalted & drained
- 1 can Adzuki beans, unsalted & drained
- 3 ears of sweet corn, grilled
- 1/2 of a red onion
- 1 each of yellow, red, and green bell peppers, finely chopped
- 1 jalapeño, finely chopped

Directions

1. 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" marinade in refrigerator overnight for best taste results (the longer it sits, the tastier it becomes).
2. Drain thoroughly, and serve with unsalted corn tortilla chips.