

GARDEN “CAVIAR” SALSA (Cowboy or Texas)

Yield: about 2 quarts

INGREDIETS:

2 cups black beans

2 cups black eyed peas (traditional) or chick peas

2 cups tomatoes, coarsely chopped

2 cups corn kernels, fresh is best

1 medium orange pepper, chopped

1 small red onion, chopped

2 jalapenos, seeded and chopped

1 avocado, chopped

½ cup toasted nuts, chopped (almond slivers, pistachios, walnuts, etc.)

Dressing:

½ cup olive or avocado oil

1/3 cup lime juice, fresh squeezed (I use more)

3 to 4 garlic cloves, peeled and minced

½ cup fresh cilantro, fine chopped (add other favorite herbs as desired: basil, oregano, mint, etc.)

Salt and pepper to taste, some enjoy a drizzle of local honey stirred into this salsa

DIRECTIONS:

***Note: I like to grill the fresh vegetables (corn, tomatoes, onions and peppers) in this recipe before I chop them for the salsa, it is not necessary, but it greatly enhances the flavor.

1. Drain the beans and chop all the vegetables as directed. Do **Not** cut avocado until ready to serve the salsa.
2. Combine beans, peas and vegetables in a large mixing bowl.
3. Whisk together dressing ingredients, drizzle over bean mixture and toss until well mixed. Adjust seasoning. Add avocado just before serving.