cowboy caviar

prep time:
15

featured product:
romaine heart leaves

what's high in fiber, full of flavor, and serving crunch in every bite?

this organicgirl spin on the viral summer favorite gives cowboy caviar a lettuce-level upgrade. piled into crisp romaine boats, it's fresh, colorful and ready for everything from backyard hangs to weekday lunches.

ingredients

caviar:
2 cans black beans, drained and rinsed
4 ears corn, cooked and kernels removed (or ~2 cups corn)
2 cans black-eyed peas, drained and rinsed
1 bell pepper, diced
1 red onion, finely diced
½ cup feta (vegan if needed), crumbled
¼ cup fresh cilantro, chopped
1 clamshell **organicgirl romaine**, leaves separated

dressing:
? cup avocado oil
? cup red wine vinegar
½ teaspoon dried oregano
1 teaspoon garlic powder
1 teaspoon cumin
½ teaspoon chili powder
1 teaspoon sea salt

directions

1. in a large bowl, add the black beans, corn, black-eyed peas, bell pepper, red onion, feta, and cilantro.

2. in a small bowl or jar, whisk together the dressing ingredients: avocado oil, red wine vinegar, oregano, garlic powder, cumin, chili powder, and sea salt until fully combined.

3. pour the dressing over the mixture and toss until everything is evenly coated.

4. let sit for 10–15 minutes to allow the flavors to develop.

5. spoon the cowboy caviar mixture into romaine leaves to create taco boats. serve immediately and enjoy.