

Helergon Kitchen

Easy Cowboy Caviar Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Appetizer** Course

Ingredients

Main Ingredients

- [ ] 1 (15-oz) can black beans, rinsed and drained
- [ ] 1 cup corn kernels (fresh or frozen, thawed)
- [ ] 1 red bell pepper, diced
- [ ] 1/2 cup diced red onion
- [ ] 1 jalapeño, seeded and minced
- [ ] 1/4 cup fresh cilantro, chopped

Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 2 tbsp olive oil
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. In a large bowl, combine the black beans, corn, bell pepper, red onion, and jalapeño.
2. Whisk together lime juice, olive oil, cumin, salt, and pepper; drizzle over the vegetable mixture.
3. Gently toss everything together, making sure the dressing coats each bite.
4. Add chopped cilantro, give a final light toss, and serve immediately or chill briefly.

Nutrition per serving

180 kcal	6 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less heat, omit the jalapeño or reduce the amount.
- Taste and adjust seasoning before serving; a splash more lime can brighten the dip.
- For extra crunch, sprinkle toasted pepitas on top just before plating.