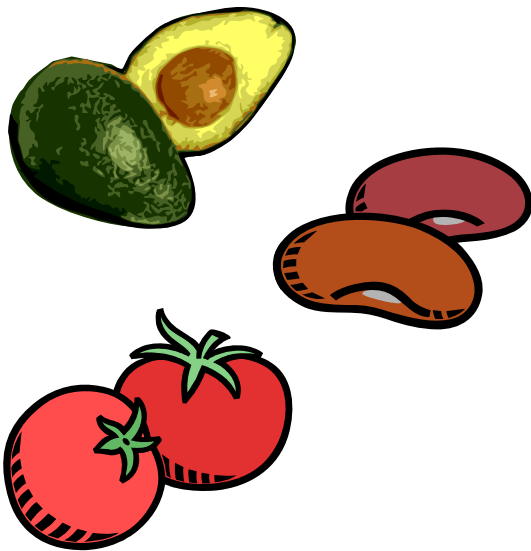




## RECIPE OF THE WEEK

### COWBOY CAVIAR



- Juice of 1 lime
- 1/4 cup red wine vinegar
- 1 tablespoon hot sauce
- 2 tablespoons canola oil
- 3 cloves of garlic, minced
- 1/2 teaspoon pepper
- 3 ripe avocados, diced
- 1 can (15 oz.) each small white beans, black beans, small pinto beans and kidney beans rinsed and drained
- 3 cups frozen corn thawed
- 1 cup green onions, thinly sliced
- 1 cup fresh cilantro, chopped
- 1 pound small cherry tomatoes, halved or quartered

Mix together lime juice, vinegar, hot sauce, oil, garlic and pepper. Add avocados; mix gently to completely coat avocado pieces. Add remaining ingredients; mix gently. Serve with tortilla chips.

Yield: Approximately 20 cups

#### Nutritional Breakdown Per One Cup:

105 calories  
15 grams carbohydrate  
2 grams fat  
50 grams protein  
192 mg. Sodium  
4 grams fiber