



Healthier Cowboy Caviar

Ingredients

- 15 oz can black beans
- 15 oz can black-eyed peas
- 1.5 cups corn
- 1 small red bell pepper chopped
- 1 small green bell pepper chopped
- 1 cup diced red onion
- 1 cup diced quartered cherry tomatoes
- 1.5 tablespoons jalapenos (seeded and chopped)
- 2 small avocados diced
- ½ cup chopped cilantro

Dressing

- ⅓ cup olive oil
- ¼ cup lime juice
- 1 teaspoon chipotle chili powder
- 1 teaspoon garlic powder & cumin powder
- Salt and pepper to taste

Directions

1. Combine ingredients for dressing and mix thoroughly then set aside
 2. Drain beans and corn if it is caned then add all the ingredients for the Cowboy Caviar minus the dressing in a large bowl and mix together
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Crockpot White Chicken Chili

Ingredients

- 1 15 oz can black beans drained and rinsed
- 1 15.25 oz can corn undrained
- 1 10 oz can Rotel tomatoes undrained
- 1 package ranch dressing mix
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 small container reduced fat cream cheese
- 3 boneless skinless chicken breasts

Directions

1. Spray crock pot with non stick spray
2. Place chicken breasts at bottom of crock pot then add all ingredients except for cream cheese
3. Mix everything thoroughly and then add the cream cheese on top and cover
4. Cook on low for 8 hours or on high for 4 hours
5. When chicken is cooked through and ready to shred, shred and mix everything together
6. Serve with any toppings you choose!