

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Cowboy Caviar



1 can black beans, drained and rinsed

1 cup corn, steamed and cut from cob or frozen

1 cup grape tomatoes, quartered

2 large avocados, diced

1/2 bunch cilantro, finely chopped

1 clove of garlic, pressed (optional)

Juice of 1-2 limes (according to taste)

Salt and pepper

Place all ingredients in a large bowl and toss to combine. Serve with Blue Tortilla chips or use as a filling for a wrap with whole grain or sprouted tortillas.