

Choco Fever Dream

Easy Cowboy Caviar Recipe – Flavorful Dip

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	**Appetizer** Course

Ingredients

Main Ingredients

- [ ] 2 cups fresh corn kernels
- [ ] 1 ½ cups diced ripe tomatoes
- [ ] 1 cup black beans, rinsed and drained
- [ ] ¼ cup finely diced red onion
- [ ] ½ cup chopped cilantro
- [ ] 1 small jalapeño, minced (optional)

Dressing

- [ ] ¼ cup extra-virgin olive oil
- [ ] 3 tbsp lime juice
- [ ] 1 tsp honey or agave
- [ ] ½ tsp sea salt
- [ ] ¼ tsp ground black pepper

Instructions

1. Wash and dice the tomatoes, then place them in a large mixing bowl.
2. Add the fresh corn kernels, black beans, red onion, and jalapeño if using.
3. In a separate small bowl, whisk together olive oil, lime juice, honey, salt, and pepper until emulsified.
4. Pour the dressing over the vegetable mixture, toss gently, then fold in chopped cilantro.
5. Let the dip rest for 10 minutes; serve with tortilla chips or fresh veggie sticks.

Nutrition per serving

120 kcal	4 g	14 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoother texture, give the dressing a quick blend before adding.
- Taste the lime balance before mixing – a little more juice brightens the dip.
- For a heartier version, stir in diced avocado just before serving.