

# Texas Caviar

Makes 6 cups

## Ingredients

- 2 (15.5 oz) cans black beans, rinsed and drained
- 1 (10 oz) can diced tomato and green chiles (Rotel)
- 2 avocados, diced
- 1 small green bell pepper, diced
- 4 green onions, diced
- 1/2 c. Zesty Italian salad dressing (from Kraft packet)
- 1 tablespoon fresh lime juice (don't sub with lemon)
- 1/4 c. fresh cilantro, chopped
- 1 can (4.25 oz.) sliced black olives

## Directions:

1. Stir together all ingredients.
2. Chill, if desired.
3. Serve with corn chips.

## Nutrition: (per cup, caviar [*chips separate*])

Calories: 225      protein: 7.6g      total carbohydrate: 29.1g      total fat: 12g  
sodium: 873mg      sugars: 3.4g      saturated fat: 1.7g      dietary fiber: 12.6g