

COWBOY CAVIAR

Ingredients

- 1 can black beans, drained
- 1 small can of corn
- ½ cup salsa (or more to taste)

Ingredients

- 2 ripe avocados
- Juice from ½ lemon (or lime)
- ½ Tbsp salt
- Dash pepper
- Optional:
 - Hot sauce
 - Diced onions
 - Diced tomatoes
 - Cilantro, parsley or finely chopped kale

How much does it cost?

Guacamole makes about 3 cups.
Each 1/2 cup serving is \$1.07
6 servings costs \$6.44

Cowboy caviar is \$2.49 for 4 servings.
One serving is 0.62 cents.

Tortilla chips: 9oz bag organic is \$1.49

Total meal combined is \$10.42 or \$2.61 each for a serving of four.

Rooted Nutritional Nugget

Beans are nutrient powerhouses because they supply the body with both Protein & Fiber. Fiber is vital to overall health and is only found in the plant kingdom. Add a mixture of different beans to try some new varieties!

Avocados are loaded with brain healthy fats and although bananas win a lot of potassium awards, avocados actually have more!

Instructions

Combine all ingredients. Serve with chips.

GUACAMOLE

Instructions

1. Cut avocado, remove flesh: Cut the avocados in half. Remove seed. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon.
2. Mash with a fork: Using a fork, roughly mash the avocado.
3. Add salt, lime juice, and the rest: Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.
4. Add the chopped onion, cilantro, hot sauce, and tomatoes.
5. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

