

COWBOY CAVIER

- 1 can **black-eyed peas**, rinsed and drained, or 3 cups cooked black-eyed peas
- 2 cans **black beans**, rinsed and drained, or 1 ½ cups cooked black beans
- 1 can **corn**
- 1 ½ cups chopped **ripe tomatoes** (about ¾ pound)
- 1 medium **red, orange or yellow bell pepper**, chopped
- ¾ cup chopped **red onion** (about ½ small red onion)
- ½ cup chopped **cilantro**, leaves and stems
- 1 to 2 **jalapeños**, ribs removed, seeded and finely chopped
- 1 **avocado** (optional)



Dressing

- ⅓ cup **olive oil**
- 3 tablespoons **red wine vinegar or lime juice**
- 2 medium **cloves garlic**, pressed or minced
- 1 to 1 ½ teaspoons salt, to taste
- 1 teaspoon **dried oregano**
- ½ teaspoon **dried basil**
- 1 teaspoon **maple syrup**
- ⅛ teaspoon **red pepper flakes**
- Freshly ground black pepper, to taste

INSTRUCTIONS

- In a large serving bowl, combine the drained black-eyed peas, black beans, corn, chopped tomatoes, bell pepper, onion, cilantro and jalapeño. If you'll be including avocado, wait to dice it until you're ready to serve the dip, so it doesn't turn brown in the meantime.
- In a cup, whisk together the dressing ingredients until well blended. Drizzle the dressing over the serving bowl and toss until well mixed. Season to taste with additional salt and pepper. If you'd like the salad to have more of a pickled flavor, add another tablespoon of vinegar, or for more richness, add another tablespoon or two of olive oil.
- For best flavor, let the mixture marinate for at least 20 minutes before serving. If you're adding avocado, mix it in just before serving.



BROCCOLI WITH GARLIC SAUCE

- 2 cups **vegetable broth**
- 2 clove **garlic**, minced in chunks
- 1/4 cup **soy sauce**, or tamari
- 1 teaspoon **ginger**
- 1/2 teaspoon **red pepper flakes**
- 1/4 cup **raw sugar**
- 2 bunches **broccoli**, trimmed and chopped (about 2 1/4 pounds)
- 2 tablespoons **Toasted Sesame oil**
- 1 1/2 tablespoons **cornstarch**

Bring vegetable broth to a boil.

Add garlic, soy sauce, ginger, red pepper, and sugar, stirring to combine well.

Add cornstarch, stirring well to avoid any clumps.

Cook for 6 to 8 minutes or until sauce thickens.

In a large skillet, sauté broccoli in sesame oil until just barely tender.

Add vegetable broth mixture to broccoli and stir well

You can also add this as a meal alone over rice