



Doc Holliday's Cowboy Caviar

•Salsa •Snack •Side •Entrée

When Southern gentleman John Henry “Doc” Holliday wasn’t shooting it out with bad guys, quaffing Arizona rotgut, or carousing with wild women, he was stirring up a mess of cowboy caviar.

BTW, I have it on good authority this is his original recipe. (You can trust me on that...I’m your huckleberry.)

You’ll need:

- 1 tsp. cumin
- 2 tsp. chipotle or another chili powder
- 1 tsp. salt
- 2 tsp. ground black pepper
- 4 tbsps. your choice of vinegar (white wine, red wine, or apple)
- ¼ cup lime juice (optional, but adds verve)
- ½ cup olive oil
- 1 jalapeno pepper, finely diced (use two if you’re feeling daring.)
- 2 medium-size ripe tomatoes, chopped
- 1 yellow or red bell pepper, chopped

1 large red onion, diced
1 15-oz. can blackeye peas
1 15-oz. can black beans
16 oz. frozen corn

Do this:

Whip the spices, olive oil, vinegar, and lime juice together in a small bowl.

Place everything else in a large bowl. Pour the spice-oil-vinegar-lime juice mixture over the top and gently toss to coat. Chill or serve immediately.

This will keep in the refrigerator for at least a week.

Holliday's caviar works as an entrée, side dish, snack, or salsa.

Servings:

As salsa: 40 88 calories each

As a snack: 22 100 calories each

As a side dish: 8 250 calories each

As an entrée: 6 325 calories each

Satisfaction factor: 85

Excerpted from [*The Sexy Beast Diet*](#): *The Man's Guide to Healthy, Satisfying Eating*