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Cowboy Caviar Jar  
RECIPE

## Cowboy Caviar Jar



**COOK TIME** 0 minutes  
**PREP TIME** 10 min  
**MAKES** 2 servings

Grab a mason jar and get ready for your new favorite meal-prep recipe! This easy, delicious, and wholesome version of a Southwestern classic recipe can be made ahead of time, so it is ready when you are, even on the go! Made with SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils, this fresh, hearty, and satisfying full-meal salad is sure to be on frequent rotation.

### INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- Juice of half a lime
- 1/4 tsp. garlic salt
- 1 can black beans, drained and rinsed
- 1 cup sweet corn kernels, canned or frozen
- 1 red bell pepper, diced
- 1 jalapeno, diced
- 2 scallions, sliced
- 1 Tbsp. cilantro leaves
- 1 pouch of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
- 2 Wide-mouth Quart Jars

### DIRECTIONS

1. To each jar add 1 Tbsp. extra virgin olive oil, juice from 1/4 of the lime, and 1/8 tsp. garlic salt.
2. Next divide the ingredients between each jar in the following order: black beans, corn, red bell pepper, jalapeno, green onion, cilantro, and SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
3. To serve, pour the contents of the jar into a bowl and stir well to mix.

## NUTRITION INFO

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| Nutrient              | Amount Per Serving |
|-----------------------|--------------------|
| Calories              | 586                |
| Total Fat             | 19 g               |
| Saturated Fat         | 3 g                |
| Trans Fat             | 0 g                |
| Cholesterol           | 0 mg               |
| Sodium                | 877 mg             |
| Total Carbohydrate    | 90 g               |
| Dietary Fiber         | 17 g               |
| Total Sugars          | 8 g                |
| Includes Added Sugars | 0 g                |
| Protein               | 20 g               |

## MORE RECIPES



### Chicken Mezza Bowl

Cook time

1.5 minutes

Prep time

5 min



### **VIP Salad**

Cook time

18 minutes

Prep time

5 min



### **Sweet Garlic & Onion Chicken (Cook In Pouch Recipe!)**

Cook time

1.5 minutes

Prep time

1 min



### **Pulled Chicken & Slaw**

Cook time

4-6 hours in clow cooker

Prep time

15 min

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