

Black-Eyed Pea Salad

Serves 8



Ingredients:

For the vinaigrette:

- ¼ cup olive oil
- ½ shallot, minced
- 2 Tablespoons apple cider vinegar
- Juice of one lime
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon black pepper



For the salad:

- 2 (15-ounce) cans low-sodium black-eyed peas, drained and rinsed
- 1 cucumber, small diced or cut into quarters
- 1 red bell pepper, small diced
- 2 Tablespoons jalapeño, seeds removed and small diced
- Optional: 2 Tablespoons cilantro, roughly chopped

Recipe adapted from Oldways

Instructions:

1. For the vinaigrette: In a small bowl, combine all of the ingredients and stir well. Set aside so the shallot can marinate.
2. For the salad: In a large bowl, combine the black-eyed peas, cucumber, red bell pepper, and jalapeño.
3. Add the vinaigrette to the black-eyed pea salad mixture, stirring to coat thoroughly. Refrigerate to chill before serving or serve at room temperature. Garnish with optional cilantro, if desired, and enjoy!

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 189.7

% Daily Value*

Total Fat	7.8 g	10 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	205.8 mg	9 %
Total Carbohydrate	27.5 g	10 %
Dietary Fiber	7 g	25 %
Total Sugars	5.6 g	
Added Sugars	0.7 g	1 %
Protein	4 g	
Vitamin D	0 mcg	0 %
Calcium	44.5 mg	3 %
Iron	4.3 mg	24 %
Potassium	95.1 mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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