

Black-Eyed Pea Salad

Serves 6



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 cup cucumber, small diced or cut into quarters
- 1 cup 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!

Recipe adapted from OldWays

@vetricommunity | vetricommunity.org

Cold Black-Eyed Pea Salad

Serves 6



Cold Black-Eyed Pea Salad		
Nutrition Facts		
Serving Size	1 x 6 Serving	
Amount Per Serving		
Calories	150.5	
	% Daily Value*	
Total Fat	9.8 g	13 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	88.7 mg	4 %
Total Carbohydrate	13.7 g	5 %
Dietary Fiber	3.3 g	12 %
Total Sugars	3.3 g	
Added Sugars	1 g	2 %
Protein	4.1 g	
Vitamin D	0 mcg	0 %
Calcium	21.2 mg	2 %
Iron	1.4 mg	8 %
Potassium	235.3 mg	5 %
* 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.		
Full Info at cronometer.com		</>