

Cold 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

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!

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