

BLACK EYED PEAS SALAD

INGREDIENTS

SALAD

- 3 cups** Cooked Black Eyed Peas
- 1/2 cup** Chopped Onion
- 1/2 cup** Chopped Celery
- 1/4 tsp** Salt
- 1 small** Green Bell Pepper,
Seeded & Chopped

DRESSING

- 1/4 cup** Cider Vinegar (or White Vinegar)
- 3/4 cup** Olive Oil
- 1 1/2 tsp** Honey
- 1/4 tsp** Salt
- 1/4 tsp** Black Pepper
- 2** Cloves of Crushed Garlic
- 1 tsp** Dried Basil (Optional)

NUTRITIONAL INFORMATION PER SERVING

RECIPE SERVES 8 (123 g)

CALORIES 270 | FAT 21G | PROTEIN 5G
CARB 18G | FIBER 5G | SODIUM 70MG
CALCIUM 27MG | IRON 2MG | POTASSIUM 233 MG

METHOD

SALAD

- 1) In a large serving bowl, combine black eyed peas, chopped onion, celery, green pepper and salt. Set aside.

DRESSING

- 1) In a small bowl or other container, mix together vinegar, garlic, honey, salt, and pepper. If using basil, add that too.
- 2) Slowly add the oil while mixing the dressing; stir until dressing is well blended. A blender can be used to prepare the dressing.

ASSEMBLE

- 1) Pour the dressing over the black-eyed peas and vegetables. Cover and refrigerate until chilled about 2 hours or overnight

GET THE
RECIPE HERE:



DID YOU KNOW?

- Black Eyed Peas are good sources of soluble fiber. Soluble fiber has the ability to lower cholesterol levels in the body.
- Black Eyed Peas are good sources of folate. Folate is essential for our red blood cell health.