

Black-Eyed Pea Salad



Greater Cleveland
Food Bank



Let's Get it Started

Black-eyed peas are a good source of:

- Fiber
- Calcium
- Complex Carbohydrates and more
- Vitamin A
- Magnesium

Serve this salad with roasted fish or barbecue chicken to boost protein.

You may also add corn or rice for more carbs.

Ingredients

- 2 cups black-eyed peas (or 1 can)
- 1 cup tomato, chopped
- 1 cup cucumber, diced
- ½ onion, chopped
- 1 bell pepper, chopped
- ½ tsp dried herbs (like oregano or basil)
- 2 Tbs vinegar (like red wine) or citrus juice (like lemon, orange or lime)
- ¼ salad oil (like extra virgin olive)
- Salt and ground black pepper, to taste

Directions

1. Rinse fresh produce before cutting.
2. Mix peas, tomato, cucumber, onion, bell pepper and herbs in serving bowl.
3. Taste, then add vinegar, oil, salt and pepper to taste. Stir and refrigerate.

Adapted from **AfricanBites.com**
with help of Chef Kellee Etheridge

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