



Black Eyed Pea Salad

You can use a variety of vegetables in this, including cabbage, carrots, or corn! This makes great leftovers.

<u>U.S.</u>		<u>Metric</u>
3 quarts	Water	2.8 Liters
1 cup	Black Eyed Peas, dry	197 g
1/4 cup	Apple Cider or Red Wine Vinegar	59.2 mL
1/2 Tbsp	Creole or Dijon Mustard	7.8 g
1 clove	Garlic, minced	1 clove
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
2 Tbsp	Olive Oil	30 mL
1 Tbsp	Parsley, fresh, finely chopped	3.6 g
1/4 cup	Celery, small dice	25.3 g
1/4 cup	Red Bell Pepper, small dice	37.3 g
1/4 cup	Green Onion, finely chopped	25 g

Preparation:

1. Gather all ingredients and equipment.
2. Bring the water to a boil in a large pot.
3. Once the water is boiling, add the black eyed peas. Cook them until fork tender, but not mushy, about 30-40 minutes.
4. Drain the black eyed peas in a colander and run under cold water until cool.
5. In a large bowl, combine vinegar, mustard, garlic, salt and pepper. Slowly add olive oil while continuing to whisk, until dressing is combined.
6. Add remaining ingredients, including the black eyed peas, to the dressing and toss to coat. Serve chilled.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup
Servings	2
Calories	160
Calories from Fat	90
Total Fat	10 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg
Carbohydrates	14 g
Dietary Fiber	3 g
Sugars	0 g
Protein	4 g
Vitamin A	13 %
Calcium	0 %
Vitamin C	20 %
Iron	20 %
Phosphorus	1 mg
