

Black-Eyed Pea Salad

Yield: 6 servings

Ingredients

45 ounces, canned black-eyed peas, low or no salt added
1 cup diced red onion
1 cup diced red bell pepper
½ cup diced celery
½ cup finely chopped parsley
2 tablespoons diced jalapeno, optional
2 tablespoons sliced green onions
2 teaspoons minced garlic
¼ cup red wine vinegar
2 tablespoons extra virgin olive oil
1 tablespoon Dijon mustard
1 tablespoon honey
1 teaspoon ground black pepper
½ teaspoon kosher salt

Instructions

1. Drain and rinse black-eyed peas. Add to a large bowl along with onion, peppers, celery, parsley, jalapeno, green onion and garlic.
2. In a small bowl whisk together the vinegar, oil, mustard, honey, black pepper and salt to make the dressing.
3. Add the dressing to the large bowl and mix well.

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X26106 © Spectrum Health 09.2021



Nutrition Information

Serving Size: 1 cup
Calories: 246
Total Fat: 6 g
Saturated Fat: 1 g
Monounsaturated Fat: 3.4 g
Polyunsaturated Fat: 1 g
Sodium: 230 mg
Total Carbohydrate: 38 g
Dietary Fiber: 8.8 g
Sugars: 11.7 g
Protein: 11.5 g

Source: Chef Jeremy Paquin

