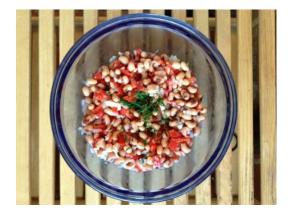
Oldways Black-Eyed Pea Salad

Courtesy of Oldways at http://oldwayspt.org/



Black-eyed peas have long been symbolic in African American culture and cuisine. At New Years, black-eyed peas are traditionally eaten to bring good fortune in the coming year. No cooking required with this recipe, which brings crisp, bright flavor and heritage to any table.

Ingredients: ¹/₂ medium-size red onion, diced ¹ celery stalk, diced ¹/₂ red bell pepper, diced ² cans (15 oz. each) of black-eyed peas, thoroughly rinsed (rinsing canned beans reduces up to 41% of sodium) ³ tablespoons apple-cider vinegar ² tablespoons extra-virgin olive oil juice from ¹/₂ lemon fresh dill or parsley, ¹/₂ cup chopped Salt and pepper to taste Instructions: ¹ Rinse the black-eyed peas. ² Dice the celery, onion, and bell pepper into small cubes.

3. Put the onion, celery, bell pepper, and black-eyed peas into the mixing bowl.

4. Dress the salad with the vinegar, olive oil, lemon juice, fresh herbs, and salt and pepper to taste.

Nutritional Analysis: Calories: 140, Fat: 4g, Saturated Fat: 1g, Sodium: 183mg, Carbohydrate: 21g, Fiber: 5g, Sugars: 1g, Protein: 7g Yield: 6