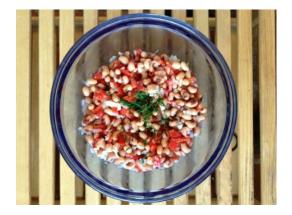
## **Oldways Black-Eyed Pea Salad**

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