

# 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:

½ medium-size red onion, diced

1 celery stalk, diced

½ 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 ½ lemon

fresh dill or parsley, ½ 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