



Black Eyed Pea Salad

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

U.S.

3 quarts	Water
1 cup	Black Eyed Peas, dry
1/4 cup	Apple Cider or Red Wine Vinegar
1/2 Tbsp	Creole or Dijon Mustard
1 clove	Garlic, minced
1/4 tsp	Salt, Kosher
To taste	Black Pepper, ground
2 Tbsp	Olive Oil
1 Tbsp	Parsley, fresh, finely chopped
1/4 cup	Celery, small dice
1/4 cup	Red Bell Pepper, small dice
1/4 cup	Green Onion, finely chopped

Metric

2.8 Liters
197 g
59.2 mL
7.8 g
1 clove
1.5 g
To taste
30 mL
3.6 g
25.3 g
37.3 g
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

6 Servings

Serving size **1/2 cup**

Amount per serving

Calories **90**

Total Fat 5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 135 mg

Total Carbohydrate 9 g

 Dietary Fiber 2 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 25 mg

Phosphorus 5 mg
