

Black-Eyed Pea Salad



Servings: 8 **Serving Size:** 1 cup

Nutritional Facts (per serving):

170 calories, 22g carbohydrate, 7.6g total fat, 5g protein

Ingredients

- ¼ cup canola oil
- ¼ cup red wine vinegar
- ¼ teaspoon garlic powder
- ¾ teaspoon cumin
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 medium cucumber (peeled, chopped)
- 1 zucchini (grated)
- 1 bell pepper (seeded, chopped)
- 2 medium tomatoes (chopped)
- ⅓ cup finely chopped red onion
- 15.5 ounce canned, no-salt-added or low-sodium black-eyed peas (drained, rinsed)
- 15.5 ounce canned, no-salt-added or low-sodium whole kernel corn (drained, rinsed)

Directions

1. In a large bowl, add oil, vinegar, garlic powder, cumin, salt, and pepper. Use a fork to whisk to combine.
2. Prepare all the vegetables and add each to the bowl: peel and chop the cucumber; grate the zucchini on a box grater; chop the bell pepper, tomatoes, and onion.
3. Drain and rinse the canned black-eyed peas and corn. Add into the bowl and stir to combine all the ingredients. Serve.

Recipe Source:
<https://recipes.heart.org/en/recipes/black-eyed-pea-salad>

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