

# Black-Eyed Peas Salad

**Makes:** 8 Servings

Combining cooked, dry black-eyed peas with other 'good for you' foods results in a pleasing salad.

## Ingredients

- 3 cups** cooked, dry black-eyed peas (Ingredients)
- 1/2 cup** chopped onion (Ingredients)
- 1/2 cup** chopped celery (Ingredients)
- 1** small green bell pepper, seeded and chopped (Ingredients)
- 1/4 teaspoon** salt (Ingredients)
- 1/4 cup** cider vinegar, or use regular white vinegar instead (Dressing)
- 1 teaspoon** dried basil, if you like (Dressing)
- 2 cloves** garlic, crushed (Dressing)
- 1 1/2 teaspoons** sugar (Dressing)
- 1/4 teaspoon** salt (Dressing)
- 1/4 teaspoon** black pepper (Dressing)
- 3/4 cup** vegetable oil, can you olive oil instead (Dressing)

## Directions

1. In a large serving bowl, combine black-eyed peas, chopped onion, celery, green pepper and salt. Set aside.
2. Dressing: In a small bowl or other container, mix together vinegar, garlic, sugar, salt, and pepper. If using basil, add that too. Slowly add the oil while mixing the dressing; stir until dressing is well blended. A blender can be used to prepare the dressing.
3. Pour the dressing over the black-eyed peas and vegetables. Cover and refrigerate until chilled – about 2 hours or overnight.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>210</b>	
Total Fat	5 g	
Protein	11 g	
Carbohydrates	31 g	
Dietary Fiber	9 g	
Saturated Fat	0.5 g	
Sodium	180 mg	