



Southwestern Black-eyed Pea & Corn Salad



Start to finish time: 15 minutes

Number of servings: 10

Nutrition Facts

Serving size ¾ cup

Amount per serving
Calories 143

% Daily Value*

| | |
|-------------------------------|-------------|
| Total Fat 5.1g | 7 % |
| Saturated Fat 0.4g | 2 % |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0 % |
| Sodium 374mg | 16 % |
| Total Carbohydrate 19g | 7 % |
| Dietary Fiber 4.1g | 15 % |
| Total Sugars 3.7g | |
| Includes 0g Added Sugar | 0 % |
| Protein 6.6g | |
| Vitamin D 0mcg | 0 % |
| Calcium 20mg | 2 % |
| Iron 1.5mg | 8 % |
| Potassium 102mg | 2 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 medium bell pepper (diced)
- 1 small red onion (diced)
- 2 (15½ ounce) cans black-eyed peas (drained and rinsed)
- 1 (15¼ ounce) can corn kernels, no salt added (drained and rinsed)
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

Optional Ingredients:

- ¼ cup fresh cilantro leaves (chopped)

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add all ingredients to a large bowl.
3. Mix well and serve.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add all ingredients to a large bowl.



Step 3

Mix well and serve.

SUBSTITUTIONS:

- Any color bell pepper will work in this recipe, choose based on your preference!
- You can also add tomato for added color and flavor.

MSU EXTENSION NOTES:

- For more flavor, allow salad to sit in the refrigerator for 1-2 hours.
- Serve with whole wheat tortilla chips or as a side with chicken or fish.

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