

# Black-Eyed Pea Salad

Makes 8 servings, ½ cup each

Preparation Time: 8 minutes; Chill time: overnight

## INGREDIENTS

- 1 ½ cups canned black-eyed peas, drained
- ¾ cup chopped green bell pepper
- ½ cup chopped celery
- ½ cup chopped red onion
- ¼ cup chopped white onion
- 1 tsp. sugar
- ½ tsp. salt
- ¼ tsp. ground pepper
- 1 garlic clove, minced
- ¼ cup vegetable oil
- 2 tablespoons cider vinegar
- ½ tsp. hot sauce



## DIRECTIONS

Combine black-eyed peas, bell pepper, celery, red onion and white onion in a large bowl; set aside.

Combine sugar, salt, pepper, garlic, vegetable oil, vinegar and hot sauce; whisk until blended. Pour dressing over black-eyed pea mixture, tossing gently to coat. Cover and chill overnight.

## NUTRITION FACTS per serving

Calories: 106

Total Fat: 7.2gm

Saturated Fat: 1.3gm

Cholesterol: 0mg

Sodium: 171mg

Carbohydrates: 8.5gm

Dietary Fiber: 2gm

Protein: 2.5gm

Recipe adapted from Sylvia Wood's Black-Eyed Pea Salad