

## Black Eyed Pea Salad

### Ingredients:

- 15 ounces black-eyed peas,  
drained and rinsed
- 15 ounces corn, canned, drained  
and rinsed
- 1/2 cup green pepper, chopped
- 3/4 cup onion, chopped
- 1/4 cup vegetable oil
- 1/2 cup sugar
- 1/4 cup vinegar

### Equipment:

- Colander
- Cutting board
- Knife
- Medium bowl
- Small bowl
- Can opener
- Measuring cups

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total Time: 4 hours

### Directions

1. Mix all vegetables in a bowl.
2. In separate bowl, combine oil, sugar and vinegar. Stir well.
3. Pour dressing over vegetables and mix well. Chill for 4-8 hours.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 8	
<b>Amount Per Serving</b>	
<b>Calories 330</b>	Calories from Fat 72
<b>%Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	5%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 123mg</b>	<b>5%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 7g	28%
<b>Protein 14g</b>	<b>28%</b>
Vitamin A 2%	Vitamin C 22%
Iron 26%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.