

Black Eyed Pea and Corn Salad

Ingredients:

- 2 (15 ounce) cans black-eyed peas
- 1 (15 ounce) can corn, low sodium
- 1 green pepper
- 1 red onion
- 1-2 tablespoons vegetable oil
- 2-3 tablespoons vinegar
- 1 teaspoon cumin
- 1/2 teaspoon ground pepper

Equipment:

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

Number of Servings: 10
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Open cans of black eye peas and corn and pour in to colander. Rinse under cool water to remove sodium, allow to drain. Add to medium bowl.
2. Wash a green pepper. On a cutting board, hold the top and slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have only the core. Discard. Slice and then dice the sides. Add to bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
4. In separate bowl, combine oil, vinegar, and spices. Stir well.
5. Pour dressing over vegetables and mix well. Chill for 4-8 hours.

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Nutrition Facts

Serving Size: 3/4 cup			
Servings: 10			
Amount Per Serving			
Calories 100		Calories from Fat 40	
		%Daily Value*	
Total Fat 4g			7%
Saturated Fat 0g			2%
Cholesterol 0mg			0%
Sodium 280mg			12%
Potassium 1073mg			31%
Total Carbohydrate 8g			12%
Dietary Fiber 4g			5%
Protein 9g			17%
Vitamin A 2%		Vitamin C 23%	
Iron 18%		Calcium 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>			

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