

Eat Smart • Move More

Black-Eyed Pea & Ham Salad

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 15 ounces canned black-eyed peas, drained and rinsed
- 2 tomatoes, diced
- 8 ounces lean cooked ham, chopped
- 1 green onion, sliced
- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- ¼ teaspoon ground black pepper

Nutrition Facts

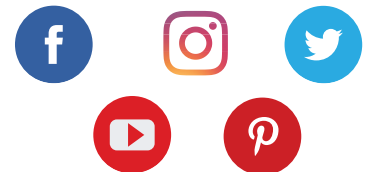
6 servings per container	
Serving size	1 serving (157.31g)
Amount per serving	
Calories 180	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 370mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 12g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 561mg	10%

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

Quick Tips

- ▶ Always wash produce prior to cutting.
- ▶ Draining and rinsing canned vegetables can help to reduce the sodium amount by up to 40%.
- ▶ Try to include other vegetables like, celery, garlic, or bell peppers into this dish.

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Directions

- Add black-eyed peas, tomatoes, ham, and green onion to a bowl. Set aside.
- In a separate bowl, mix red wine vinegar, olive oil, and black pepper together to form dressing.
- Drizzle dressing over black-eyed pea mixture. Toss gently.
- Serve immediately or cover and chill until ready to serve.

(Recipe adapted from: <https://web.extension.illinois.edu>.)

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