



Southwestern Black-Eyed Pea and Corn Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 10 servings | Serving Size: 3/4 cup

Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15-ounce) cans black-eyed peas
- 1 (15.25-ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper

Optional

- 1/4 cup fresh cilantro leaves

Directions

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro (if using), and remaining ingredients. Mix well.

Recipe Notes

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad.
- Use any type of vinegar you have on hand. You can use balsamic, apple-cider, or red/white wine vinegar.

Nutrition Facts Per Serving: Calories: 130 | Total Fat: 5 g | Saturated Fat: 0 g
Sodium: 260 mg | Total Carbohydrate: 17 g | Dietary Fiber: 5 g | Protein: 5 g

Adapted from | Cooking Matters

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