



Side / Snack

Southwestern Black-Eyed Pea and Corn Salad

Serves 10 , 3/4 cups per serving

Prep time: 20 minutes ▪ Cook time: none



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

Nutrition Facts

Serving Size 3/4 cup (119g)
Servings per Recipe 10

Amount Per Serving

Calories 100 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 12%

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 20%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS

- 1 medium bell pepper
- 1 small red onion
- 2 (15 ½ oz) cans black-eyed peas
- 1 (15 ½ oz) can corn kernels, no salt added
- 3 Tbsp canola oil
- 2 Tbsp vinegar
- 1 tsp cumin
- ¼ tsp salt
- ½ tsp ground black pepper

Optional Ingredients

- ¼ 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.

CHEF'S NOTES

- When in season, try fresh corn. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use black beans in place of black-eyed peas.

RECIPE BY:
Chef Roland
Ulber

