



Try it “Tuesdays”



Black-eyed Pea Salad

Makes 14 ½ cup servings

Preparation time: 25 minutes

Refrigeration time: 30 minutes

Nutrition Facts

Serving Size 1/2 cup (121g)
Servings Per Container 14

Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 4%	Vitamin C 20%
Calcium 4%	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.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- ¼ cup diced yellow or red onion (1/4 onion)
- 1 cup diced celery (2 large stalks)
- 1 cup diced green bell peppers (1 pepper)
- 1 cup diced tomatoes (1 tomato)
- ½ head of lettuce
- 2 cans (15 ounces each) black-eyed peas or 3 cups cooked black-eyed peas, drained and rinsed.
- ½ teaspoon lemon juice (half of a lemon)
- 3 tablespoons fat free salad dressing
- 4 ounces fat free or reduced fat grated cheese (optional)
- Salt and pepper to taste (optional)

Directions

In a large bowl, mix together onion, celery, bell pepper, tomatoes, cilantro, lettuce and black-eyed peas. Add lemon juice, salad dressing and cheese (if desired). Stir to combine. Season to taste with salt and pepper. Refrigerate for half an hour and serve. Refrigerate leftovers.

For more information, contact your local EFNEP office

