

BLACK-EYED PEA, BLACK BEAN SALAD, CORN, CILANTRO

Serving size: ½ cup

Makes 13 servings

- ½ cup Black Beans, dry
- ½ cup Black-Eyed Peas, dry
- 2 cups Whole Kernel Corn, fresh, cut
- ½ cup Cilantro, chopped
- 2 TBSP Extra Virgin Olive Oil
- 2 TBSP Lime Juice
- 1 TBSP Red Wine Vinegar
- ½ tsp Garlic Powder
- 1 TBSP Granulated Sugar
- 1 tsp Chili Powder
- ½ tsp Ground Cumin
- 1 tsp Salt
- 1 cup Orange Bell Pepper, diced
- 1/3 cup Red Onions, finely chopped
- 2/3 cup Jalapeno, minced

Preparation:

1. Soak black beans and black-eyed peas overnight in water.
2. Drain and rinse the beans. Cook them on the stovetop in fresh water until tender. Drain and set aside.
3. Steam the corn kernels for about 1 minute, just until tender. Chill the corn in the refrigerator.
4. In a bowl, whisk together the cilantro, olive oil, lime juice, red wine vinegar, garlic powder, sugar, chili powder, cumin, and salt.
5. In a large bowl, toss together the black-eyed peas, black beans, corn, bell peppers, red onion, and jalapeño. Pour the dressing over the mixture and toss to coat evenly.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	100
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	17
dietary fiber (g)	4
sugar (g)	3
protein (g)	4