

Southwestern Black-eyed Pea and Corn Salad

A great source of magnesium, calcium, iron, and fiber, this recipe is perfect for picnics, kid-friendly, and ready in minutes!

Prep Time: 15 minutes

Makes: 10 servings, 3/4 cup each

Source: Modified from Cooking Matters

Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15-1/2 ounce) cans black-eyed peas
- 1 (15-1/4 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 Ingredients:

- 1/4 cup fresh cilantro leaves
- 1 avocado, chopped

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.
5. Top with chopped avocado (optional).



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	130 g
Total Fat:	5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	260 mg
Total Carbohydrates:	17 g
Dietary Fiber:	5 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Can opener
- Colander
- Cutting board
- Large bowl
- Measuring spoons
- Mixing spoon
- Sharp knife

SHOPPING LIST

Average total cost without seasonings : \$ 4.94

Average cost/serving: \$0.49

Recipe Makes: 10 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Golden Corn- Sweet Whole
Kernel



Add 1 to Cart
Red Onion



Add 1 to Cart
White Vinegar, Distilled



Add 1 to Cart
Black Eyed Beans

My Cooking Notes

SAVE TIME, SAVE MONEY

Preparation Tips

- Choose bell peppers that are firm, brightly colored, and have tight skin. They should be heavy for their size. Avoid bell peppers that are shriveled and dull.
- Dried black-eyed peas might be cheaper than canned. If choosing dried, cook according to package, drain, and rinse. Then add 3 cups of cooked peas to the salad.
- Any kind of vinegar that you have on hand will work- balsamic, cider, red or white wine vinegar.
- If corn is in season, use fresh over canned. Cook 4 medium ears and use knife to remove kernels from cob.