



# Southwestern Black-eyed Pea & Corn Salad



**Start to finish time:** 15 minutes

**Number of servings:** 10

## Nutrition Facts

**Serving size** ¾ cup

**Amount per serving**  
**Calories** **143**

**% Daily Value\***

<b>Total Fat</b>	5.1g	<b>7 %</b>
Saturated Fat	0.4g	<b>2 %</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0 %</b>
<b>Sodium</b>	374mg	<b>16 %</b>
<b>Total Carbohydrate</b>	19g	<b>7 %</b>
Dietary Fiber	4.1g	<b>15 %</b>
Total Sugars	3.7g	
Includes 0g Added Sugar		<b>0 %</b>
<b>Protein</b>	6.6g	
Vitamin D	0mcg	<b>0 %</b>
Calcium	20mg	<b>2 %</b>
Iron	1.5mg	<b>8 %</b>
Potassium	102mg	<b>2 %</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS:

- 1 medium bell pepper (diced)
- 1 small red onion (diced)
- 2 (15½ ounce) cans black-eyed peas (drained and rinsed)
- 1 (15¼ ounce) can corn kernels, no salt added (drained and rinsed)
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

## Optional Ingredients:

- ¼ cup fresh cilantro leaves (chopped)

## DIRECTIONS:

1. Gather and prepare ingredients.
2. Add all ingredients to a large bowl.
3. Mix well and serve.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



## STEP-BY-STEP DIRECTIONS:



### Step 1

Gather and prepare ingredients.



### Step 2

Add all ingredients to a large bowl.



### Step 3

Mix well and serve.

## SUBSTITUTIONS:

- Any color bell pepper will work in this recipe, choose based on your preference!
- You can also add tomato for added color and flavor.

## MSU EXTENSION NOTES:

- For more flavor, allow salad to sit in the refrigerator for 1-2 hours.
- Serve with whole wheat tortilla chips or as a side with chicken or fish.

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