

# SMOKY AND SPICY BLACK EYED PEA SALAD

*Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (serving= 1/2 cup)*

## Nutrition (per serving)

Calories: 145

Total Fat: 2 g

Saturated Fat: 0 g

Sodium: 232 mg

Total Carbohydrate: 25 g

Dietary Fiber: 5.5 g

Protein: 8 g



## Ingredients

### *Dressing*

- ¼ cup plain non-fat yogurt
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon cumin

### *Salad*

- 2 – 15 ounce cans blackeyed peas, drained and rinsed
- 1 cup yellow cherry or grape tomatoes, halved
- 1 red bell pepper, chopped
- 1 cup red onion, chopped
- ½ teaspoon chili powder
- Salt to taste
- 2 Tablespoons chipotle peppers, seeded and finely minced
- 2 teaspoons minced garlic
- 6 Tablespoons fresh cilantro, finely chopped



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## Directions

1. In a large bowl, mix yogurt, olive oil, cumin, chili powder and salt together.
2. Add salad ingredients and toss to coat evenly.
3. Mix well & refrigerate for at least 1 hour before serving.
4. Garnish with fresh cilantro.

## To make bariatric diet friendly:

Decrease serving size to 1/4th cup

Updated bariatric nutrition information: Calories 73, Total Fat 1g, Sat Fat 0g, Sodium 116mg, Total Carbohydrate 13g, Fiber 3g, Protein 4g