

BLACK-EYED PEA SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 102

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 122 mg

Total Carbohydrate: 14 g

Dietary Fiber: 4 g

Protein: 4 g

Ingredients

2 cups corn, frozen

1 (10 oz. pkg) black-eyed peas, frozen

3 Tbsp cider vinegar

1 tsp Dijon mustard

1 tsp salt

½ tsp black pepper

¼ tsp sugar



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3 Tbsp olive oil

1/3 cup red onion, finely chopped

8 cups escarole, sliced

Directions

1. Cook black-eyed peas according to package directions.
2. Combine vinegar, mustard, salt, pepper and sugar in large bowl.
3. Whisk in oil.
4. Add corn, black-eyed peas, and red onion.
5. Toss with escarole.
6. Variation – add chopped ham for an entrée salad.