

RECIPES

Cold Black-Eyed Pea Salad

Prep Time:
15 minutes

Total Time:
20 minutes

Yield:
6 servings

Ingredients

- **For the vinaigrette:**
- 2 tablespoons apple cider vinegar
- Juice of one lime
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/4 cup olive oil
- Half of a small shallot, finely diced (optional)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- Salt
- Pepper
- 2 tablespoons chopped cilantro (optional)

- **For the salad:**

Nutrition Facts

Calories: 200

Total Fat: 10g

Saturated Fat: 1.5g

Sodium: 50mg

Carbohydrate: 22g

Sugar: 4g **Fiber:** 5g

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Protein: 7g

- 2 (15-ounce) cans of no or low sodium black-eyed peas, rinsed
- 1 cup diced cucumber
- 1 cup diced red bell pepper
- 2 tablespoons diced jalapeno, seeds removed (optional)
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Instructions

- 1 To make the vinaigrette, in a small bowl combine and whisk the vinegar, lime juice, mustard, and honey. Drizzle in the olive oil gradually, whisking to combine. Add in the shallot (if using), cumin, cayenne, and salt and pepper to taste, whisking to combine. In a medium to large bowl, combine the black eyed peas, cucumber, peppers, and cilantro (if using).
- 2 Add the vinaigrette to the black-eyed pea mixture, stirring to combine. Refrigerate to chill before serving. Garnish with additional cilantro if desired.

An Oldways recipe and photo. Media: [contact us](#) for permission to reprint and for a hi-res image. This recipe is from our cooking program, A Taste of African Heritage. [Learn more about it here](#), and watch our video about the program!