

Southwestern Black-eyed Pea and Corn Salad

10 servings

Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15½ ounce) cans black-eyed peas
- 1 (15¼ ounce) can corn kernels, no salt added
- 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



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.

Chief's notes:

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad. Use leftovers in other recipes later in the week.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use any type of vinegar you have on hand. Try balsamic, cider, or red or white wine vinegar.
- Use black beans in place of black-eyed peas if you like.
- When corn is in season, use fresh in place of canned. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.



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