

# Southwestern Black-Eyed Pea and Corn Salad

**Makes:** 10 servings

## Ingredients

- 1 medium bell pepper, diced
- 1 small red onion, diced
- 2 (15½ ounce) cans black-eyed peas
- 1 (15¼ ounce) can corn kernels, no salt added
- 3 Tbsp canola oil
- 2 Tbsp vinegar
- 1 tsp cumin
- ¼ tsp salt
- ½ tsp ground black pepper
- ¼ cup fresh cilantro leaves, chopped (optional)

## Directions

1. In a colander, drain and rinse black-eyed peas and corn.
2. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well & serve.

**Makes:** 10 servings (3/4 cup each)

**Total Cost:** \$3.20

**Serving Cost:** \$0.32



## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>3/4 Cup (161g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 22mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 230mg	<b>4%</b>

\*The % Daily Value 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.

