



## *Recipe:* **Black-Eyed Pea Salad** by Kelsey Gemmill

### INGREDIENTS:

- 2 cans black-eyed peas\*
- 1 can black beans\*
- 1 can whole kernel corn\*
- 1 qt cherry tomatoes, halved
- ½ red onion, finely diced
- 1 large green pepper, diced
- ¼ cup red wine vinegar
- 1 Tbsp Dijon mustard
- 2 tsp garlic powder
- 2 tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- ¼ cup olive oil

### DIRECTIONS:

1. Rinse beans, corn and peas until liquid is clear to remove excess sodium.
2. Combine beans, corn, tomatoes, red onion and green pepper in a bowl and mix well.
3. In a separate bowl, whisk together vinegar, mustard, garlic powder, cumin, salt and black pepper.
4. Slowly whisk in olive oil.
5. Pour vinaigrette over bean mixture, mix well, and serve.

\*Use low-sodium/no-salt-added canned foods whenever possible.