



Fiesta Salad

Makes 8 servings

Serving size: ½ cup



Ingredients:

1 (15-ounce) can unsalted black-eyed peas, drained and rinsed

1 (15-ounce) can unsalted whole-kernel corn, drained and rinsed

½ cup chopped green pepper

½ - 1 cup chopped onion

Marinade

¼ cup vegetable oil

½ cup sugar or equivalent amount artificial sweetener

¼ cup vinegar

Directions:

Mix peas, corn, green pepper, and onion in a bowl. In a separate bowl, combine oil, sugar, and vinegar and stir well. Pour marinade over vegetables and mix well. Chill 4-8 hours in refrigerator before serving.

Nutrition Information Per Serving:

190 Calories, Total Fat 8g, Saturated Fat 1g, Protein 4g, Total Carbohydrate 26g, Dietary Fiber 3g, Sodium 15mg. Excellent source of vitamin C.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.