

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Black-Eyed Pea Salad *(Makes 6 servings.)*

Ingredients

- ½ c. vinegar
- 2 Tbsp. vegetable oil
- ½ tsp. sugar
- 1 large tomato, diced
- ½ red onion, finely chopped
- 1 bell pepper, finely chopped
- 2 Tbsp. green onions, chopped
- 2 Tbsp. dried parsley
- 2 (15.5-oz.) cans black-eyed peas, drained and rinsed

Directions:

1. In large bowl, whisk together vinegar, vegetable oil, and sugar.
 2. Add remaining vegetables and peas to bowl, stir until well coated with dressing.
 3. Cover, and let marinate in the fridge for up to 8 hours before serving.
- TIP: Add one jalapeno, finely chopped, for extra flavor if desired.

Nutrition info: Serving size: 1 cup, Calories 177, Fat 5g, Protein 8g, Carbohydrate 24g, Fiber 7g, Sodium 140mg.

Recipe developed by UAEX SNAP-Ed.

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