Black-Eyed Pea Salad

Servings: 8  Serving Size: 1 cup
Nutritional Facts (per serving):
170 calories, 22g carbohydrate, 7.6g total fat, 5g protein

Ingredients

- ¼ cup canola oil
- ¼ cup red wine vinegar
- ¼ teaspoon garlic powder
- ¾ teaspoon cumin
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 medium cucumber (peeled, chopped)
- 1 zucchini (grated)
- 1 bell pepper (seeded, chopped)
- 2 medium tomatoes (chopped)
- ½ cup finely chopped red onion
- 15.5 ounce canned, no-salt-added or low-sodium black-eyed peas (drained, rinsed)
- 15.5 ounce canned, no-salt-added or low-sodium whole kernel corn (drained, rinsed)

Directions

1. In a large bowl, add oil, vinegar, garlic powder, cumin, salt, and pepper. Use a fork to whisk to combine.

2. Prepare all the vegetables and add each to the bowl: peel and chop the cucumber; grate the zucchini on a box grater; chop the bell pepper, tomatoes, and onion.

3. Drain and rinse the canned black-eyed peas and corn. Add into the bowl and stir to combine all the ingredients. Serve.