

Southwestern Black-Eyed Pea and Corn Salad

Chef Roland Ulber • Denver, Colo.

Serves 10, ¾ cup per serving

Prep time: 20 minutes • Cook time: None



Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15½-ounce) cans black-eyed peas
- 1 (15¼-ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

Optional Ingredients

- ¼ cup fresh cilantro leaves

Materials

- Can opener • Colander • Cutting board • Large bowl • Measuring spoons • Mixing spoon • Sharp knife

Directions

✎ = Have kids help with the steps marked with the “little helping hand”!

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
- ✎ 3. In a colander, drain and rinse black-eyed peas and corn.
- ✎ 4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

Chef's Notes

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad. Use leftovers in other recipes later in the week.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use any type of vinegar you have on hand. Try balsamic, cider, or red or white wine vinegar.
- Use black beans in place of black-eyed peas if you like.
- When corn is in season, use fresh in place of canned. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.

Nutrition Facts

Serving Size ¾ cup
Servings Per Recipe 10

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 17g **6%**

Dietary Fiber 5g **18%**

Sugars 4g

Protein 5g

Vitamin A 4% • Vitamin C 25%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Make Food Fun! – Southwestern Black-Eyed Pea and Corn Salad

Easy and fast tips for making food fun for kids.



Are peas not a favorite? Any bean will work - try a few for a multi color snack. This is a great recipe to have kids help mix ingredients.

Tips and Tricks:

Try adding different fresh, frozen or canned vegetables to this salad to change the flavor and texture.

Tips and Tricks:

Use dried or canned beans - all will work for this recipe!

Serve the bean and corn salad in a veggie for an edible bowl!

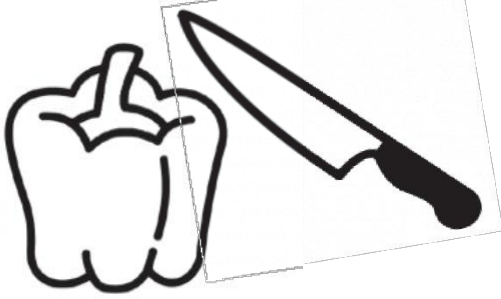


Serve with chips or tortillas for added crunch and an edible spoon!

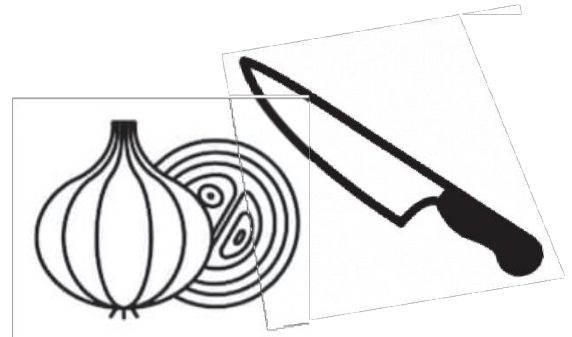
Tips and Tricks:

This salad makes a great side dish and can even be paired with our homemade tortilla chip recipe to be brought to a gathering.

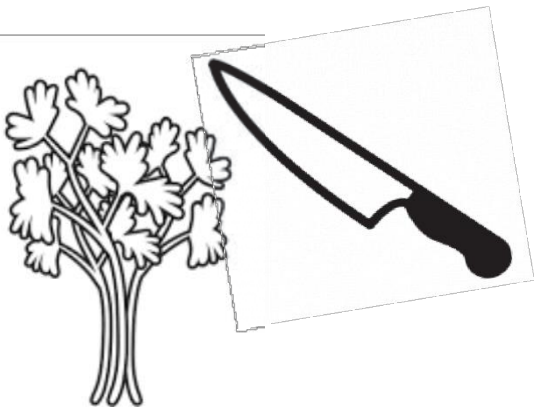
Follow-Along Recipe – Black-Eyed Pea and Corn Salad



Rinse and dice bell pepper,
Removing seeds.



Rinse and dice onion.



Rinse and chop cilantro.



Drain and rinse the
Corn and beans.



Mix all ingredients together.