



Black Eyed Pea Salad

Ingredients:

- 3 16-oz cans black-eyed peas, drained and rinsed of all juice
- 1 red bell pepper, chopped fine
- 1 bunch scallions, thinly sliced, green part only
- 1 tablespoon fresh oregano (or 1 teaspoon dried)
- 1 teaspoon Tabasco sauce (or other hot sauce)
- 1 tablespoon Worstershire sauce
- 1 teaspoon black pepper
- 1/2 bunch parsley, chopped
- 1 can chopped tomatoes and green chilies (ie, Rotel)
- 1/2 cup vinaigrette (red wine and extra virgin olive oil)
- 1 green bell pepper, finely chopped
- 3 cloves fresh garlic, pressed or minced – (I always cook the garlic, fry lightly in oil)

Directions:

In a large bowl, stir all ingredients very well. Refrigerate for at least 4-6 hours, preferably overnight, in a sealed or covered container. Remember the longer it sits, the better it gets! I only use 2 cans of beans but add two ears of fresh sweet corn if available.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>