

# **Black-Eyed Pea Salad**

## **Ingredients**

1 large tomato, diced  
1/2 medium red onion, finely chopped  
1 small red pepper, finely chopped  
1 jalapeno, finely chopped  
2 tablespoons chopped green onions  
2 tablespoons chopped fresh parsley leaves  
1/4 cup unseasoned rice wine vinegar  
1/4 cup canola oil  
1/2 teaspoon sugar  
salt and freshly ground pepper  
Two 15-ounce cans black-eyed peas, drained

## **Directions**

Combine the first 6 ingredients in a bowl.

In a separate small bowl, whisk together the rice wine vinegar, canola oil, sugar, and salt and pepper.

Toss all together with the black-eyed peas and let marinate for up to 8 hours in the refrigerator before serving.

## **6 servings**

1 serving: 166 calories, 5.3g fat, 400mg sodium, 20g carbohydrates (4g fiber and 1g sugar), 5g protein.

Recipe source; [The Best Kwanzaa Recipes](#)