

Vibrant Black-Eyed Pea Salad



From: Danielle Lee RD

Prep Time: 25 min

Serves: 8 Servings

Instructions

- 1: In a large bowl, combine peas, tomatoes, peppers, onion, celery & basil.

- 1: For dressing, in a small bowl whisk vinegar, mustard, oregano, salt, and pepper. Gradually whisk in oil until blended. Drizzle over salad; toss to coat. Refrigerate, covered, at least 3 hours before serving.

Notes

Ingredients

Dressing Ingredients:

- 1/4 cup red wine vinegar
- 2 tsp Dijon mustard (with the seeds)
- 1 tsp fresh oregano
- 1/2 tsp kosher salt
- 1/4 tsp fresh ground pepper
- 1/4 cup olive oil Extra virgin

Salad ingredients:

- 3 cups of black eyed beans (if using caned this is 2 15 oz cans rinsed & drained)
- 2 celery stalks chopped (1/4 cup)
- 1/4 cup diced green pepper
- 1/2 cup red diced pepper
- 1/2 cup yellow diced pepper
- 2 TB fresh Basil
- 2 cups of grape tomatoes cut in half
- 1 Cup cooked Quinoa
- 1 medium red onion diced (1 cup)