

Black-Eyed Pea, Corn, and Rice Salad

This hearty no-cook main dish salad is packed with vegetables, whole grains and legumes, teeming with fiber.

Ingredients

Servings: 6

- 2 15-ounce cans no-salt-added black-eyed peas, rinsed and drained
- 1 15.25-ounce can no-salt-added whole-kernel corn
- 1 8.8-ounce pouch brown rice, cooked, or 1 cup instant brown rice, cooked without salt and margarine
- 2 ribs of celery, chopped
- 1 medium bell pepper, chopped
- 1/4 cup chopped fresh parsley

OR

- 1 tablespoon dried parsley, crumbled
- 2 tablespoons fresh lemon juice

OR

- 2 tablespoons any type of vinegar
- 1 tablespoon extra-virgin olive, canola, or corn oil
- 1 tablespoon water
- 1/8 teaspoon pepper

Directions

1. In a large bowl, toss together the black-eyed peas, corn, rice, celery, and bell pepper.
2. In a small bowl, whisk together the parsley, lemon juice, oil, water, and pepper.
3. Pour the dressing over the salad, tossing to coat.

Quick Tips

Cooking Tip: Using your fingers, break up any clumps of rice before putting it into the bowl so it gets well coated with the dressing.

Nutrition Facts**Calories**

231 Per Serving

Protein

10g Per Serving

Fiber

7g Per Serving

Cost Per Serving

\$1.45

Nutrition Facts	
Calories	231
Total Fat	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	0 mg
Sodium	62 mg
Total Carbohydrate	41 g
Dietary Fiber	7 g
Sugars	6 g
Protein	10 g

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/blackeyed-pea-corn-and-rice-salad>