

Black-eyed Pea Salad

Ingredients:

- 2 cans Black-eyed Peas (30 oz total)
- 2 Onions
- 1 cup Carrots
- 1/2 cup Kalamata Olives
- 2 small Red Bell Peppers (or 1 large)
- 1/2 cup Corn (fresh or frozen)
- 1 tbsp Miso Paste or Low-Sodium Soy Sauce
- 3 tbsp Apple Cider Vinegar
- 5 oz bag of Mixed Greens
- Optional: 1/2 lb of any desired Meat



Directions:

1. Prep! Drain and rinse the beans. Chop carrots, onion, olives, and bell peppers into thin slices. If using frozen corn, let thaw.
2. In a large bowl, mix beans, chopped veggies, corn, and mixed greens until all tossed together.
3. Then add miso paste and apple cider vinegar.
4. If using meat, cook according to type and season with any desired seasonings before adding to salad.

