

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

- 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



SERVINGS: 6

COST PER SERVING: \$1.45

CALORIES

231 Per Serving

PROTEIN

10g Per Serving

FIBER

7g Per Serving



STEP 1: In a large bowl, toss together the black-eyed peas, corn, rice, celery, and bell pepper.



STEP 2: In a small bowl, whisk together the parsley, lemon juice, oil, water, and pepper.



STEP 3: Pour the dressing over the salad, tossing to coat.

QUICK TIPS

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



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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