

August 2013 Recipe



Cucumber & Black-Eyed Pea Salad

An easy salad to serve with grilled chicken or steak for supper or on a bed of greens for a satisfying lunch. Substitute white beans or chickpeas for the black-eyed peas if you prefer.

Makes 6 servings

Active Time: 20 minutes

Total Time: 20 minutes

Course: Lunch / Dinner

Ingredients:

- 3 tablespoons of extra-virgin olive oil
- 2 tablespoons of lemon juice
- 2 teaspoons of chopped fresh oregano or 1 teaspoon dried
- Freshly ground pepper to taste
- 4 cups of peeled and diced cucumbers
- 1 14-ounce can of black-eyed peas, rinsed
- 2/3 cup of diced red bell pepper
- 1/2 cup of crumbled feta cheese
- 1/4 cup of slivered red onion
- 2 tablespoons of chopped black olives

Directions:

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

Nutrition information:

Per serving: 161 calories; 12 g carbohydrates; 10 g fat (3 g sat, 6 g mono); 5 g protein; 11 mg cholesterol; 3 g dietary fiber; 273 mg potassium; 270 mg sodium. Nutrition bonus: Vitamin C (50% daily value), Vitamin A (15% dv).