

Lunch | Dinner

Southwestern Black-Eyed Pea & Corn Salad

10 Mins
Prep Time

0 Mins
Cook Time

10
Servings

 **130 Calories** **5g Fat** **17g Carbs** **5g Protein**



Ingredients

 **10 Servings**  **10 Mins Total Time**  **Allergens: None**

1 Bell Pepper, **washed** and diced

1 Small Red Onion, diced 

2 (15.5 oz) Cans Black-Eyed Peas, drained and rinsed 

1 (15.5 oz) Can Corn Kernels, drained and rinsed

3 Tbsp Extra Virgin Olive Oil

2 Tbsp Apple Cider Vinegar

1 Tsp Ground Cumin

¼ Tsp Salt, more to taste

½ Tsp Ground Black Pepper

Nourishment Note



Beans

Beans contain a type of fiber that may help to lower cholesterol levels, reducing the risk of heart disease. Beans may also help lower inflammation in the body.



Onion

Onions are a type of prebiotic. Prebiotics feed healthy gut bacteria to help promote a healthier digestive tract. Onions may also help reduce cholesterol levels, which can decrease the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mix Ingredients

Mix all ingredients in a large mixing bowl. Serve and enjoy!

3. Wash Hands

Wash hands with soap and water.

Recipe adapted from [CookingMatters.org](https://www.cookingmatters.org)

What You'll Need



Colander



Knife



Cutting Board



Mixing Bowl



Mixing Spoon



Measuring Spoons

Fatigue Buster

- Look for pre-cut onions at the grocery store.
- Make a double batch to pair with meals throughout the week.