

Black-Eyed Pea Salad

Prep time: About 30 minutes

Notes: Up to 4 hours ahead, prepare vegetables and dressing, then cover and chill separately.

Makes: 6 servings

1 firm-ripe tomato (½ lb.)

1 cucumber (½ lb.)

1 red or yellow bell pepper (½ lb.)

1 can (15 oz.) black-eyed peas

1 cup thinly sliced green onions
(including tops)

1 cup lightly packed chopped fresh
dill

⅔ cup orange juice

⅓ cup wine vinegar

1 teaspoon ground cumin

¼ teaspoon fresh-ground pepper

1 teaspoon minced garlic

Salt

Red-leaf lettuce leaves, rinsed
and crisped

1. Rinse, core, and cut tomato into ½-inch cubes.
2. Peel, seed, and cut cucumber into ½-inch cubes.
3. Stem, seed, and cut bell pepper into ½-inch squares.
4. Drain peas, then rinse and drain again and put into a large bowl. Add tomato, cucumber, bell pepper, onions, and dill.
5. Mix orange juice, wine vinegar, cumin, ground pepper, and garlic; add dressing to bowl.
6. Mix dressing with vegetables. Add salt to taste.
7. Line a platter with lettuce and spoon salad onto it.

Per serving: 107 cal., 7.6% (8.1 cal.) from fat; 5.5 g protein; 0.9 g fat (0.1 g sat.); 22 g carbo (1.6 g fiber); 230 mg sodium; 0 mg chol.