



Blackeyed Pea Salad

- 2 (15-ounce) cans blackeyed peas, drained
 - 1/2 cup chopped celery
 - 1/2 cup chopped green onions
 - 1/8 teaspoon garlic powder
 - 1/4 teaspoon crushed oregano leaves
 - 3 tablespoons extra virgin olive oil
 - 3 tablespoons cider vinegar
 - 1/2 teaspoon black pepper
1. Combine all ingredients in a large bowl; mix well.
 2. Chill, covered, several hours or overnight, stirring occasionally.

Yields 6 servings.

Nutrition Facts	
Servings per recipe: 6	
Amount Per Serving	
Calories 175	Calories
from fat 72	
	% Daily
Value	
Total Fat	
8g	12%
Saturated Fat 1	
g	6%
Cholesterol	
0mg	0%
Sodium	
434mg	18%
Carbohydrate	
21g	7%
Dietary Fiber	
5g	21%
Protein	
7g	14%

Vitamin A: 1%	Vitamin C:	
10%	Folacin: 39%	
Calcium: 4%	Iron: 9%	Potassium:
9%		

Source: Modified from original source: Flavor of Nashville, Home Economists in Home Community, 1996, P.O. Box 50484, Nashville, TN 37205-0484

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