

Black-Eyed Pea Salad (Saladu Ñebbe)

Serves 8

Ingredients:

- 1/4 cup fresh lime juice
- 1 cup chopped parsley
- 1/3 cup olive oil
- 3 cans or 5 cups cooked black-eyed peas
- 10 green onions, chopped
- 1 red bell pepper, diced
- 1 cup grape/cherry tomatoes, cut in quarters
- 1 medium cucumber, seeded and diced
- 2 serrano peppers or 1 Scotch Bonnet, seeded and minced
- Sea salt and freshly ground black pepper, to taste



Preparation:

1. In a large bowl, add the lime juice and parsley. Begin whisking, slowly drizzle in the olive oil to make a smooth dressing.
2. Add all the remaining ingredients to the bowl with the dressing. Toss well to coat all ingredients evenly. Season the mixture with salt and pepper.
3. Cover the salad and set aside for 1 hour or refrigerate overnight to marinate. Serve chilled or at room temperature. Enjoy!

Nutrition Facts

Serves 8

Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 10.2g	13%
Saturated Fat 1.5g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 6.8g	0%
Cholesterol 0mg	0%
Sodium 14.3mg	1%
Total Carbohydrate 27.8g	10%
Dietary Fiber 9g	32%
Sugars 6.5g	
Protein 9.5g	19%
<ul style="list-style-type: none"> • Vitamin A 11% • Vitamin C 58% • Calcium 4% • Iron 20% • Vitamin D 0% • Magnesium 18% • Potassium 12% • Zinc 15% • Phosphorus 16% • Folic Acid (B9) 64% 	

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