

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.

INGREDIENTS

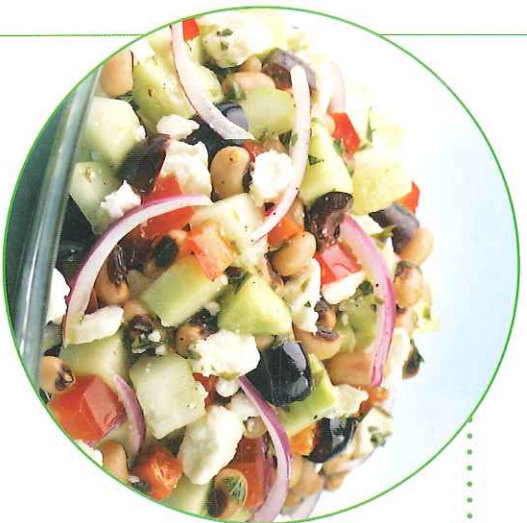
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano or 1 teaspoon dried
- Freshly ground pepper to taste
- 4 cups peeled and diced cucumbers
- 1 14-ounce can black-eyed peas, rinsed
- 2/3 cup diced red bell pepper
- 1/2 cup crumbled feta cheese
- 1/4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

PREPARATION

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

NUTRITION

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



Makes: 6 servings, about 1 cup each

Active Time: 20 minutes

Total Time: 20 minutes

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