

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.