

Lunch | Dinner

Southwestern Black-Eyed Pea & Corn Salad

10 Mins Prep Time

O MinsCook Time

10 Servings

130 Calories 5g Fat 17g Carbs 5g Protein



Ingredients

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

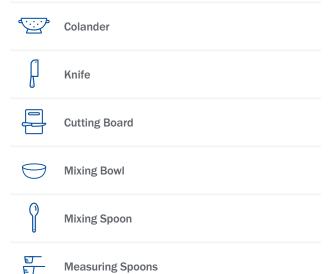
Mix all ingredients in a large mixing bowl. Serve and enjoy!

3. Wash Hands

Wash hands with soap and water.

Recipe adapted from CookingMatters.org

What You'll Need



Fatigue Buster

- Look for pre-cut onions at the grocery store.
- Make a double batch to pair with meals throughout the week.