

Black Eyed Pea and Celery Salad

Just Say Yes to Fruits and Vegetables

Sick of plain salads? Throw this flavorful and nutrient-dense salad into your rotation!



jsyfruitveggies.org

Black Eyed Pea and Celery Salad

Serves 10 • Serving: ½ cup

Just Say Yes to Fruits and
Vegetables

The black eyed peas give this salad a nutty flavor!

Ingredients:

- 2 tablespoons vegetable oil
- 3 tablespoons lemon juice
- ¼ cup chopped onion
- 2 minced garlic cloves
- ½ teaspoon dried oregano or Italian seasoning
- 3 cups cooked black-eyed peas
- 2 chopped celery stalks
- 1 finely chopped bell pepper
- ¼ cup chopped parsley
- 1 teaspoon hot sauce (optional)
- Salt and pepper, to taste

Directions:

1. Combine all the ingredients in a large bowl.
2. Add salt and pepper to taste.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.