

Black-Eyed Pea and Quinoa Salad

Serving Size: 1 ½ cup

Servings Per Recipe: 4

Time: 30 minutes

Equipment

- 1 knife
- 1 cutting board
- 1 pot with lid
- 1 large bowl to mix ingredients together
- 1 small bowl for salad dressing
- Measuring cups and spoons

Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 1 (15.5oz) cans black-eyed peas
- 1 Roma Tomatoes, chopped
- ½ medium red bell pepper, chopped
- ½ medium green bell pepper, chopped
- ¼ red onion, diced
- ½ stalk celery, chopped
- 1 ½ Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- Salt and pepper to taste

Directions

- Rinse quinoa prior to cooking
- Combine the quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat, and simmer for 15 minutes.
- Remove from the heat and let it sit, covered for 10 more minutes.
- Fluff with a fork.
- In a large bowl, toss together black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley.
- In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Pour into the large bowl.
- Mix the quinoa into the large bowl and serve. *Leftovers can be stored in an airtight food storage container and refrigerated for about a week.*

Recipe adapted from: <https://www.allrecipes.com/recipe/34749/black-eyed-pea-salad/>