**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/]