

## **Black-eyed Pea Salad with Sun-Dried Tomatoes**

The tangy bite of the sun-dried tomatoes is a nice counter point to the earthiness of the black-eyed peas.

### **Ingredients:**

1 cup dried black-eyed peas, soaked  
5 cups water  
 $\frac{1}{2}$  teaspoon sea salt  
1 carrot  
1 onion  
4 whole scallions  
 $\frac{1}{3}$  cup sun-dried tomatoes, packed in oil  
 $\frac{1}{4}$  cup chopped parsley

### **Vinaigrette:**

2 teaspoons whole-grain mustard  
1 tablespoon lemon juice  
1 tablespoon balsamic vinegar  
 $\frac{1}{4}$  cup extra-virgin olive oil  
 $\frac{1}{2}$  teaspoon sea salt  
Freshly ground black-pepper to taste  
1 tablespoon shoyu or tamari

1. Drain the beans. In a 3-to-4-quart saucepan, combine the black-eyed peas with the water, add the salt, carrot, and onion and bring to a boil. Skim off any foam that rises to the surface and cook, covered, over low heat, until tender but not mushy, about 45 to 50 min. Drain; discard carrot and onion.
2. To make the vinaigrette: While the beans are cooking, place all the vinaigrette ingredients in a screw-top jar or small bowl and shake or whisk to blend well.
3. Slice the scallions thinly. Drain the tomatoes, reserving the oil. (Some of the oil may be used in the vinaigrette if desired.) Slice the tomatoes into thin strips. Combine with the scallions and parsley in a large serving bowl.
4. Drain the cooked beans well and set aside to cool to room temperature.
5. Add the cooled beans to the serving bowl. Toss gently with the dressing. Taste and correct the seasoning. Marinate for 1 hour before serving. Serve at room temperature.