

Let's Make Super Salads April 2015

Black-eyed Pea Salad with Sun-dried Tomatoes

Serves 4 to 6

Ingredients

- 4 cups black-eyed peas, cooked
- 4 scallions, thinly sliced
- 1/2 cup parsley, chopped
- 1/2 cup sun-dried tomatoes, re-hydrated and sliced into thin strips

Vinaigrette Dressing Ingredients

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|--|---------------------------|
| 1/4 cup olive oil | 1/2 teaspoon salt |
| 1 tablespoon whole-grain mustard | 1 tablespoon lemon juice |
| 3 tablespoons balsamic vinegar | 1/4 teaspoon black pepper |
| 1 tablespoon shoyu or tamari (soy sauce) | |

Directions

- 1) Place all vinaigrette ingredients in screw-top jar or bowl and shake or whisk to blend well.
- 2) Combine black-eyed peas, scallions, parsley, and sun-dried tomatoes in large bowl. Toss gently with dressing. Adjust salt and pepper to taste.
- 3) If time permits, allow salad to marinate for 1 hour before serving. Serve at room temperature.

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nutrition and the arts."*