

SMOKY AND SPICY BLACK EYED PEA SALAD

Smoky and Spicy Black Eyed Pea Salad

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (serving= 1/2 cup)

Nutrition (per serving)

Calories: 145	Total Carbohydrate: 25
Total Fat: 2 g	Dietary Fiber: 5.5 g
Saturated Fat: 0 g	Protein: 8 g
Sodium: 232 mg	

Ingredients

Dressing

- ¼ cup plain non-fat yogurt
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon cumin

Salad

- 2 - 15 ounce cans blackeyed peas, drained and rinsed
- 1 cup yellow cherry or grape tomatoes, halved
- 1 red bell pepper, chopped

- ½ teaspoon chili powder
- Salt to taste

- 1 cup red onion, chopped
- 2 Tablespoons chipotle peppers, seeded and finely minced
- 2 teaspoons minced garlic

- 6 Tablespoons fresh cilantro, finely chopped

Directions

1. In a large bowl, mix yogurt, olive oil, cumin, chili powder and salt together.
2. Add salad ingredients and toss to coat evenly.
3. Mix well & refrigerate for at least 1 hour before serving.
4. Garnish with fresh cilantro.

To make bariatric diet friendly:

Decrease serving size to 1/4th cup

Updated bariatric nutrition information: Calories 73, Total Fat 1g, Sat Fat 0g, Sodium 116mg, Total Carbohydrate 13g, Fiber 3g, Protein 4g