

Black Eyed Pea and Sweet Corn Salsa

Ingredients:

- 3 cups black-eyed peas- drained and rinsed
- 1 tablespoon olive oil
- ½ medium yellow onion
- ½ green bell pepper
- 1 cup corn
- 2 roma tomatoes diced
- 1 tsp garlic minced
- 2 tablespoons lime juice
- 1 tablespoon wine vinegar
- ½ tsp black pepper



Instructions:

1. In a large skillet, heat oil, add onion and bell pepper. Cook until softened
2. Add corn, tomatoes, and garlic. Stirring often cook for 4 minutes
3. Add 3 cup of black eyed peas to skillet.
4. Add lime, vinegar, salt and pepper.
5. Toss to mix serve immediately

Serves 8
Serving size ¾ cup

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	108
% Daily Value*	
Total Fat 2.7g	4%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 47mg	2%
Total Carbohydrate 20.1g	7%
Dietary Fiber 4.1g	15%
Total Sugars 1.7g	
Protein 5.3g	