

## Southwestern Black-eyed Pea and Corn Salad

Serves 6

- 2 (15-ounce) cans of black-eyed peas or pigeon peas, drained and rinsed
- 1 red bell pepper, diced
- 1 small onion, diced
- 2 cups canned or frozen corn, drained (and thawed)
- 3 tablespoons olive or canola oil
- 2 tablespoons vinegar
- 1 teaspoon ground cumin
- black pepper to taste
- fresh chopped parsley or cilantro

1. Mix the black-eyed peas and corn with the oil and vinegar. Add spices.
2. Toss parsley or cilantro into the salad. Chill until ready to use.

Nutrition information: calories 120, fat 3g, protein 5g, carbohydrates 21g

## Simple Three Bean Salad

Serves 8

- 1 (15-ounce) can green beans, rinsed and drained or 2 cups fresh, cooked beans
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 carrot, thinly sliced or grated
- 1 small onion, chopped or ½ cup green onions, sliced
- 3 tablespoons white or cider vinegar
- 1 tablespoon sugar (or splenda if used)
- ¼ cup olive or canola oil

1. In medium bowl, mix all ingredients.
2. Cover and chill for one hour before serving.

Nutrition information not available.

