



Black-Eyed Peas and Cheddar Salad

This salad features a fresh version of the “holy trinity” of Southern seasoning – onions, celery, and bell peppers. With ham and calcium-rich Cheddar cheese, it’s a main dish salad that’s perfect for packing in a lunchbox or pairing with a wedge of cornbread.

- 1 can (15-ounce) black-eyed peas, drained*
- ¾ cup (3 ounces) diced Cheddar cheese (reduced-fat or regular)
- ⅔ cup diced red bell pepper
- ½ cup diced green bell pepper
- ½ cup (2 ounces) diced or sliced smoked lean ham
- ¼ cup diced celery
- ¼ cup finely chopped sweet onion (Walla Walla, Vidalia, or Maui)
- ½ cup plain fat free yogurt
- ½ cup fat free mayonnaise
- 2 teaspoons red wine vinegar
- ¼ to ½ teaspoon hot red pepper sauce such as Tabasco® (optional)
- 4 leaves red leaf lettuce

1. Rinse peas for one minute under running water to remove excess sodium. Drain in colander and pat dry on paper towels.
2. In medium bowl, stir together peas, cheese, red bell pepper, green bell pepper, ham, celery, and onion.
3. In small bowl, stir together yogurt, mayonnaise, red wine vinegar, and hot pepper sauce, if using. Toss dressing with salad. Cover and refrigerate 1 hour for flavors to blend. Serve on lettuce leaves.

*Or use 1 ½ cups frozen black-eyed peas. Cook as package directs. Drain well and pat dry on paper towels.

Prep time: 20 minutes • Cook time: 0 • Makes: 4 servings



Cook's Tips:

- Southern cooks love their hot pepper sauces. Try a splash to see how it dials up the flavor.
- This salad looks best when the ingredients are diced to the same size, about ½-inch.
- Be a sodium sleuth! Check the labels on canned black-eyed peas and choose one with little or no added salt. Draining and rinsing in fresh water removes up to 40% of the salt. Also read labels when selecting ham as sodium and fat vary.

Tester's Comment:

“I used pre-diced ham and shredded cheese from a bag. My husband really liked it. When I brought the leftovers to work for people to try, he complained because he wanted more.”

Nutrients per serving:

Calories	207
Protein	13 g
Total Fat	8 g
(Saturated Fat	4 g)
Carbohydrate	22 g
Calcium	296 mg
Cholesterol	32 mg
Fiber	5 g
Sodium	672 mg