Hoppin' John Salad

Source: Recipe inspired by and adapted from OldwaysPT.org

About the Recipe

123 Calories · 6.1 g Protein · Fiber
Dinner
Nut-free

Ingredients

Makes 8 Servings

- 3 tbsp (45 mL) white distilled vinegar
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) black pepper
- 1 tsp (5 mL) salt
- 1/2 bunch kale, chopped, with tough stems removed
- 2 15-oz cans (495 g) no or low- sodium black-eyed peas, rinsed
- 2/3 c (113 g) quinoa or amaranth, cooked
- 1 medium onion, chopped
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped

Directions

1. Whisk together the vinegar, paprika, garlic, black pepper, and salt in a small bowl.
2. Combine the kale, black-eyed peas, quinoa, onion, bell peppers, and dressing in a bowl.
3. Refrigerate to chill before serving.

Nutrition Facts

Per serving

Calories: 164 kcal
Fat: 1.5 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 8.5%

Cholesterol: 0 mg
Protein: 9 g
Carbohydrates: 23 g
Sugar: 6 g
Fiber: 7 g
Sodium: 306 mg
Calcium: 58 mg
Iron: 3.0 mg
Vitamin C: 64 mg
Beta-Carotene: 406 mcg
Vitamin E: 0.8 mg