

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