

Black-Eyed Pea Salad

2 cups corn, cooked
1 10 oz pkg black-eyed peas, frozen
3 Tbsp. cider vinegar
1 tsp. Dijon mustard
1 tsp. salt
1/2 tsp black pepper, freshly ground
1/4 tsp. sugar
3 Tbsp. olive oil
1/3 cup red onion, finely chopped
8 cups escarole, sliced

1. Cooked black-eyed peas according to package directions.
2. Combine vinegar, mustard, salt, pepper and sugar in large bowl.
2. Whisk in oil.
3. Add corn, black-eyed peas and red onion.
4. Toss with escarole and ham, if desired.

Makes 11 cups. Per serving: 100 calories, 4 g total fat, 1 g saturated fat, 0 mg cholesterol, 240 mg sodium, 13 g carbohydrate, 3 g protein
