

African Black-Eyed Pea Salad

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/india-gate-brown-rice-recipe>

Ingredients:

- 1/4 cup fresh lime juice about 2 ½ limes, juiced
- 1 cup chopped parsley
- 1/2 cup olive oil
- 5 cups black eyed peas cooked, roughly 3 cups dried peas makes 5 cups cooked, see notes for cooking instructions
- 10 scallions roughly chopped
- 1 red bell pepper stemmed, seeded, and finely chopped
- 1 cup cherry tomatoes chopped
- 1 cucumber medium, seeded and finely chopped
- 2 serrano peppers or 1 habanero or Scotch bonnet chile, stemmed, seeded, and minced
- sea salt
- freshly ground black pepper
- brown basmati rice Cooked, optional
- avocado Sliced, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 60 grams
3. Fat: 25 grams
4. Fiber: 4 grams
5. Protein: 22 grams
6. SaturatedFat: 4 grams
7. Sodium: 190 milligrams
8. Sugar: 4 grams

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