

# Southern Black-eyed Pea Salad (or Salsa)

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-southern-black-eyed-peas-recipe-hog-jowls>

## Ingredients:

- 3 cups black eyed peas cooked
- 1 cup corn
- 1/2 cup red onion chopped
- 2 Roma tomatoes seeded and diced
- 1 cup cucumber seeded and diced
- 3 green onions chopped
- 1/4 cup apple cider vinegar
- 1 lime
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon ground coriander
- 3/4 teaspoon smoked paprika
- hot sauce Your favorite, according to heat preference

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 37 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 12 grams
6. Sodium: 450 milligrams
7. Sugar: 4 grams

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