Recipes For A Complete Meal Using Commodity Foods*

What’s for Dinner?...Salad!

Go Meatless Tonight!
This recipe uses black-eyed peas (beans) instead of meat as the protein source.

No need to worry that there’s no meat, the black-eyed peas fill in to make a complete meal!

Zesty Black-Eyed Pea Salad

- 2 cans (15 oz each) black-eyed peas, drained, rinsed*
- 2 Tablespoons onion, finely chopped (if you like)
- 1/4 cup green pepper, chopped (if you like)
- 1 can (15 oz) corn, drained, rinsed*
- 1 can (15 oz) diced tomatoes, drained

Directions: In a medium bowl combine black-eyed peas, onions and peppers (if you like), corn, tomatoes, and garlic. Toss lightly. Add Italian dressing, mix lightly. Sprinkle the top of the salad with lemon pepper seasoning, if you like. Cover.

Refrigerate a couple of hours or overnight, stirring occasionally. When ready to serve, place 1 1/2 cups of black-eyed pea salad on top of each plate of torn lettuce. Add sliced cucumbers to the side. Serve.

Makes 6 servings
Nutritional Information: Amount per serving:
Calories 217; Total Fat 3g; 12% of total calories from fat; Sodium 1024mg; Vitamin A 13%; Vitamin C 31%; Calcium 8%; Iron 18%; Protein 11g.

Recipe provided by Dougherty County EFNEP

Plan Ahead: This salad should be placed in the refrigerator for a couple of hours or more before serving to mix the flavors throughout the salad.

Fruity Yogurt Crunch Parfaits
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- 3/4 cup canned mixed fruit, drained
- 2 (8 oz) cartons low-fat or fat-free yogurt (vanilla or lemon)
- 1/4 cup crushed breakfast cereal

Directions: In a medium bowl, combine mixed fruit and yogurt. Stir fruit lightly into the yogurt. Spoon the fruit and yogurt mixture evenly into four glasses. Sprinkle 1 Tablespoon crushed cereal over the fruit and yogurt mixture in each glass. Serve immediately.

Makes 4 servings.

Nutritional Information: Amount per serving:
Calories 127; Total Fat 2g; 13% of total calories from fat; Sodium 101mg; Vitamin A 7%; Vitamin C 5%; Calcium 21%; Iron 4%.

Save Fat and Calories!

Using reduced-fat Italian dressing instead of regular Italian dressing in the Zesty Black-Eyed Pea Salad recipe saves 8 grams of fat and 99 calories per serving!

Black-Eyed Peas Belong in the Meat & Beans Group

1/2 cup of black-eyed peas counts as 1 ounce from the Meat & Beans Group of MyPyramid.

1 serving (1 1/2 cups) of Zesty Black-eyed Pea Salad provides 3 ounces from the Meat & Beans Group. This is about half of the recommended daily amount from this group, based on a 2,000 calorie diet.

Black-eyed peas are high in protein, fiber, iron, & potassium. They are also low in fat and contain no cholesterol.

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