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
- 1 Tbsp minced garlic
- 1/2 cup reduced-fat Italian dressing
- Lemon pepper seasoning (if you like)
- Lettuce, torn into small pieces
- 1 cucumber, sliced

**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*
**Fruity Yogurt Crunch Parfaits**

- 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%.

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

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**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.

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**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!