

# SUMMER BLACK EYED PEA SALAD WITH CUCUMBERS & TOMATOES

*10 Side Servings*

1 pound dry black eyed peas, soaked overnight (or 3 cans canned peas)

½ cup minced red onion

½ cup minced celery

½ English cucumber, diced

2 roasted sweet red bell peppers, diced

1 pint cherry tomatoes, halved

2 teaspoons Dijon mustard

1 tablespoon apple cider vinegar

1 teaspoon maple syrup or honey

1 teaspoon dried oregano

¼ cup extra virgin olive oil

¼ cup minced fresh parsley

1. Drain the soaked peas. Place in a pot and cover with 2 inches of water. Bring to a boil over medium high heat. Reduce temperature and simmer, loosely covered, until just tender. Drain. Let cool a bit.
2. While the peas are cooking, whisk together the mustard, cider vinegar, maple or honey and oregano. Slowly drizzle in the olive oil and whisk to emulsify.
3. Once the peas are cool (not cold), gently combine the peas, veggies, parsley and the dressing.
4. Season to taste with salt and pepper.
5. Can be prepared up to 2 days in advance. Store in the refrigerator. Serve chilled or room temperature.