

2 cans (15 oz. each) black-eyed peas, drained and rinsed  
2 tablespoons onions, finely chopped  
¼ cup green pepper, chopped  
1 can (15 oz.) corn, drained and rinsed  
1 can (15 oz.) diced tomatoes, drained  
1 tablespoon minced garlic  
½ cup reduced-fat Italian dressing  
Lemon pepper seasoning

Directions:

1. In a medium bowl combine black-eyed peas, onions, peppers, corn tomatoes and garlic.
2. Add Italian dressing, mix lightly.
3. Sprinkle the top of the salad with lemon pepper
4. Cover. For the fullest flavor, refrigerate and allow salad to marinate a couple of hours or overnight.

6 servings

Nutrient Analysis, per serving: 219 calories, 42g. carbohydrate, 11g. protein,  
3g. fat, 613mg. sodium, 9 g. fiber