

BLACK EYED PEA SALAD

This fresh, minty salad is a recipe is from Rancho Gordo, a wonderful heirloom bean grower in Napa Valley.

INGREDIENTS

serves 2-4

DRESSING:

Juice of 1 lemon
2 Tbsp white wine vinegar
(or pineapple vinegar)
¼ cup extra-virgin olive oil
1 garlic clove, minced
Salt and freshly ground
pepper to taste

SALAD:

3 cups cooked black eyed
peas, drained and cooled
1 ½ cups shredded carrots
(about 3 large carrots)
½ of an English cucumber,
peeled and chopped
2 green onions, chopped
¼ of a red onion, minced
¼ cup chopped fresh mint
leaves
Vegan feta cheese, for
topping (optional; I like
Violife block feta or Follow
Your Heart crumbles)

DIRECTIONS

In a small bowl, whisk together the lemon juice, vinegar, olive oil, and garlic. Season to taste with salt and pepper.

In a large mixing bowl, combine the black eyed peas, carrots, cucumbers, green onions, red onion, and mint.

Pour the dressing over the salad. Mix well to combine. Taste and adjust the seasonings, adding more vinegar, salt, and/or pepper as needed. Finish with a sprinkle of vegan feta, if you like.

Bon appétit!