




## Summer Salad

- Ingredients:**
- 1¼ cup dry black-eye peas or any other dry bean available
  - 1 medium green bell pepper, minced
  - 1 small onion, minced
  - 1 small can chopped chilies
  - ¾ cup low-fat Italian salad dressing



**Shopping List:**

- dried peas or beans
- green bell pepper
- onion
- canned chopped chilies
- low fat Italian dressing

- Equipment:**
- measuring cup
  - cutting board
  - knife
  - can opener
  - large pot
  - large bowl
  - mixing spoon
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**Directions:**

1. Place the beans in a large pot with 4 cups water. Bring to a boil. Reduce heat and simmer 45-50 minutes or until just tender. Drain and rinse with cold water.
2. Mix beans with remaining ingredients.
3. Chill until ready to serve.

This recipe takes 1 hour. Makes 8 servings at about \$0.50 per serving.  
 Serving suggestion: Serve over lettuce or with baked tortillas.



- Nutrition Notes:**
- Mince means to cut food into very small pieces that are equal in size. Some food items that are often minced include garlic and herbs.
1. Chop or dice the food item.
  2. Hold the tip of the knife on the cutting board and rock the blade back and forth. Repeat this motion until the food item is chopped finely.

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 40</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 430mg	18%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 6%	Vitamin C 30%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	