

Hoppin' John Salad

**Prep:**

5 minutes

Total:

5 minutes

Makes:

10 servings

Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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Recipe:**Contributed By:**

Katherine Lawrence

On behalf of the Physicians Committee For Responsible Medicine
(PCRM)

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Recipe Description:

This salad is our go-to family recipe when we want a quick, but filling snack. It's got brown rice, peas and plenty of veggies that make it a complete meal! More recipes like this can be found at www.PCRM.com.

2 cups
black-eyed peas, cooked
(344 g)
1½ cups
brown rice, cooked
(293 g)
¼ cup
lemon juice
(60 mL)
¼ teaspoon
salt
(1.5 g)
1 - 2 garlic cloves, shredded, use Cone #1

Directions:

1. Combine black-eyed peas, rice, green onions, celery,

- tomatoes and parsley in a large mixing bowl.
2. In a small bowl, mix together lemon juice, salt and garlic. Pour over the salad.
 3. Toss gently and chill 1 - 2 hours if time permits.

Nutritional Information per

▼ Serving

Calories: 81
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 127mg
Total 16g
Carbs:
Dietary Fiber: 3g
Sugar: 2g
Protein: 4g