

## Black-Eyed Pea Salad With Mint and Onions

### Ingredients

- 1 Pound Black-Eyed Peas (or four 15-ounce cans, drained)
- 3 green onions, tops removed and coarsely chopped
- 1 carrot, peeled and grated
- 3 Tablespoons red wine vinegar
- 1 cup mint, chopped
- ½ red onion, chopped
- 1 Cup greens like spinach, baby kale, or sweet dandelion, chopped
- ¼ Cup extra-virgin olive oil
- Salt and pepper (optional)
- Dill (optional for garnish)

### Directions

1. If using dried black-eyed peas, place them in a pot and cover with water. Bring to a boil; then reduce to a simmer and cover with a lid, tilting lid slightly to let some steam escape
2. Cook for an hour, or until peas are tender
3. While black-eyed peas are still hot and steaming, mix all the ingredients together in a large bowl, tossing to combine. Add salt and pepper to taste.
4. If using canned black-eyed peas, just drain, rinse and heat on stovetop over medium heat with all other ingredients until warmed through (5-6 minutes)
5. Garnish with dill, if using
6. Serve warm or cold