

BLACK-EYED PEA SALSA

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Photo: Love + Craft Kitchen

I love munching. And especially on flavorful, good-for-me foods that don't leave me feeling like I am missing out on anything.

This nutrient-dense black-eyed pea salsa fits the bill. It's basically a tangy riff on "Texas Cowboy Caviar". Although it can be made at any time of year, this salsa capitalizes on many summer ingredients - sweet corn, tomatoes, scallions, cilantro, and peppers. Roasting or grilling fresh sweet corn maximizes its sweetness and deepens the flavor of the salsa. Frozen sweet corn also works well, just thaw it and gently pat out as much water as possible before adding it to the other ingredients.

Serve this salsa with corn tortilla chips, halved mini-peppers, or endive leaves. It is also a nice compliment to tacos, burritos, or roasted or grilled meat, fish, and plant-based proteins.

Makes: approximately 4 cups

INGREDIENTS

Vinaigrette:

- 3 tablespoons freshly squeezed lime juice
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 teaspoon honey (preferably raw or low-processed; or vegan brown rice syrup)
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper

Salsa:

- 1 1/2 cups cooked black-eyed peas (or 1-15 ounce can, low or no sodium, rinsed, drained)
- 1 cup cooked corn (roasted, grilled, or steamed)
- 1 medium tomato, cored and small diced (about 1 cup)
- 1/4 cup scallions, small diced (or substitute red onion, if desired)
- 1/2 - 1 jalapeno, finely diced (to taste)
- 2 tablespoons fresh cilantro (+ extra for garnish), washed, patted dry and chopped
- 1 avocado, small diced

DIRECTIONS

1. In bowl, whisk together the vinaigrette ingredients until smooth and emulsified. Set aside.
2. In medium bowl, place all of the salsa ingredients **except the avocado** and gently stir to combine. Pour vinaigrette over salsa ingredients and stir gently to coat. Cover and let stand for at least 20 minutes.

NOTE: This salsa can be prepared ahead through step 2 and refrigerated for later use.

3. Just before serving, dice the avocado and add to the salsa; toss gently. Garnish with additional chopped cilantro. Serve lightly chilled or at room temperature.