

# Hoppin' John Salad

Source: Recipe inspired by and adapted from OldwaysPT.org

## About the Recipe

**123 Calories · 6.1 g Protein · Fiber**

**Dinner**

**Nut-free**

## Ingredients

***Makes 8 Servings***

- 3 tbsp (45 mL) white distilled vinegar
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) black pepper
- 1 tsp (5 mL) salt
- 1/2 bunch kale, chopped, with tough stems removed
- 2 15-oz cans (495 g) no or low- sodium black-eyed peas, rinsed
- 2/3 c (113 g) quinoa or amaranth, cooked
- 1 medium onion, chopped
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped

## Directions

1. Whisk together the vinegar, paprika, garlic, black pepper, and salt in a small bowl.
2. Combine the kale, black-eyed peas, quinoa, onion, bell&nbsp;peppers, and dressing in a bowl.
3. Refrigerate to chill before serving.

# Nutrition Facts

*Per serving*

**Calories:** 164 kcal

**Fat:** 1.5 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 8.5%

**Cholesterol:** 0 mg

**Protein:** 9 g

**Carbohydrates:** 23 g

**Sugar:** 6 g

**Fiber:** 7 g

**Sodium:** 306 mg

**Calcium:** 58 mg

**Iron:** 3.0 mg

**Vitamin C:** 64 mg

**Beta-Carotene:** 406 mcg

**Vitamin E:** 0.8 mg