



Anna Jones, MS, RD, LD

## **Black-Eyed Pea Dip**

---

Adapted (and made healthier) from Paula Deen

### **Ingredients:**

2 (15 oz.) cans black-eyed peas, drained  
1 (15 oz.) can whole kernel corn, drained  
1 (10 oz.) can spicy canned tomatoes (eg. Rotel)  
1 cup chopped red bell pepper  
1 cup chopped green bell pepper  
2 to 3 tablespoons chopped fresh jalapeno pepper  
1/4 cup chopped yellow onion  
1 (4 oz.) jar chopped pimentos, drained  
Baked tortilla chips for serving

### **Dressing:**

1/4 cup red wine vinegar  
2 teaspoons balsamic vinegar  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
2 teaspoons Dijon mustard  
pinch of sugar  
pinch dried oregano  
1/4 cup olive oil  
1/4 cup canola oil

### **Directions:**

In a large bowl, combine the black-eyed peas, corn, tomatoes, red, green, and jalapeno peppers, onion, and pimentos.

In a container with a tight fitting lid, combine the wine and balsamic vinegars, salt, pepper, mustard, sugar, oregano, and olive and canola oils. Shake until ingredients are blended.

Add the dressing to the pea mixture and stir gently but thoroughly. Cover and refrigerate for at least 2 hours or overnight.

Serves 14

### **Nutrition Information:**

Calories: 140 Total Fat: 8 g Saturated Fat: 1 g Cholesterol: 0 mg  
Sodium: 300 mg Carbohydrate: 13 g Fiber: 2 g Protein: 3 g