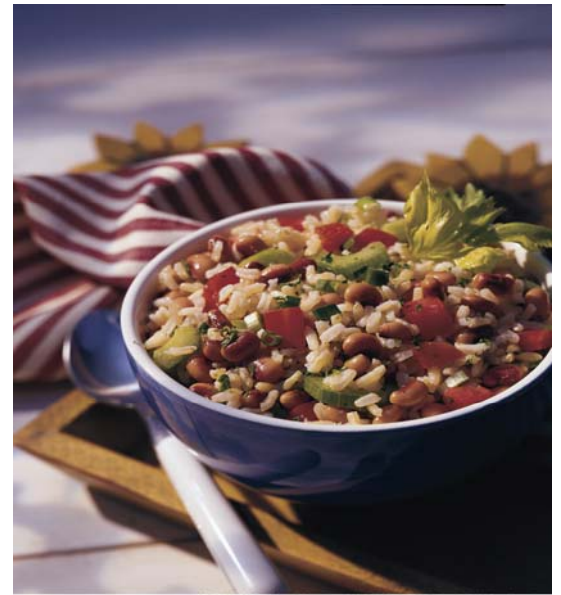


Hoppin' John Salad

Makes 4 servings

3 cups cooked long-grain rice
2 15-ounce cans black-eyed peas, drained and rinsed
1 cup chopped red onion
1 garlic clove, minced
1 cup chopped celery
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/2 teaspoon black pepper
dash hot sauce
vegetable oil spray



COURTESY OF PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE / PHOTO BY JOHN KELLY

Preheat oven to 350°F.

Combine rice, peas, onion, garlic, celery, parsley, salt, black pepper, and hot sauce in a casserole dish coated with vegetable oil spray. Bake uncovered for 20 minutes or until thoroughly heated.

Per serving (1/4 of recipe):	15.2 g protein	967 mg sodium
344 calories	68.5 g carbohydrate	71 mg calcium
1.2 g fat	2.9 g sugar	5.5 mg iron
0.3 g saturated fat	8 g fiber	6.9 mg vitamin C
3.2% calories from fat		204 mcg beta-carotene
0 mg cholesterol		0.6 mg vitamin E

Recipe by Brie Turner-McGrievy, M.S., R.D. Provided by Physicians Committee for Responsible Medicine