

[Black-Eyed Pea Salad with Watercress and Peach](#)

Gourmet | July 1996

Can be prepared in 45 minutes or less.

Yield: Serves 4

ingredients

8 cups salted water

2/3 cup dried black-eyed peas

1 bunch watercress, tough stems discarded, the rest washed well, spun dry (2 cups packed), and chopped

1 large firm-ripe peach, peeled and cut into 1/2-inch pieces

2 scallions, chopped

1 celery rib, chopped fine

4 teaspoons fresh lemon juice

1/2 teaspoon ground cumin

preparation

In a saucepan bring water and peas to a boil and simmer 20 minutes, or until tender. Drain peas in a colander and rinse under cold water to cool. Drain peas well and in a large bowl toss with remaining ingredients and salt and pepper to taste. (Salad may be made 2 hours ahead and chilled, covered.)

nutritional information Each serving about 115 calories and 1 gram fat (8% of calories from fat)
Nutritional analysis provided by Gourmet

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