

# Easy Pea-sy Salad

**SERVING SIZE:** 1/2 cup  
**SERVINGS:** 7  
**PREPARATION TIME:** 10 minutes  
**READY IN:** 40 minutes

## INGREDIENTS:

- 1 15 ounce can peas or 12 ounces frozen
- 1 15 ounce can corn or 12 ounces frozen
- 1 small, ripe tomato or 1 can drained, diced tomatoes
- 1/3 cup olive or vegetable oil
- 2 Tablespoon apple cider vinegar
- 1/2 Tablespoon Italian seasoning
- 1/2 teaspoon mustard
- 1/2 teaspoon white sugar
- 1/2 teaspoon garlic powder



## DIRECTIONS:

1. Drain and rinse canned peas and corn.
2. Cut tomato into small chunks.
3. Combine peas, corn and tomato in large bowl.
4. In a small bowl mix vinegar, mustard, sugar, Italian seasoning and garlic powder. Blend well.
5. Slowly add oil to vinegar and seasonings while stirring.
6. Pour dressing over vegetables.
7. Refrigerate for 30 minutes before serving.

## RECIPE TIPS:

- Store in fridge up to 3 days.
- For food safety, frozen vegetables should be briefly cooked and cooled before use.

## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>170</b>
<b>Total fat</b>	11g
Saturated fat	2g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	151mg
<b>Total Carbohydrate</b>	16g
Fiber	3g
Sugar	7g
Includes 0g of Added Sugars	
<b>Protein</b>	4g
<b>Phosphorus</b>	68 mg
<b>Potassium</b>	227 mg

## EQUIPMENT NEEDED:

- Can opener
- Cutting board
- Knife
- Mixing bowl
- Measuring spoons