

Black Eyed Pea Salad with Tomato and Feta

Adapted from *Vegetarian Cooking for Everyone*, by Deborah Madison



If time permits, soak beans overnight in water. They'll take less time to cook and be less gassy.

- 1 pound black-eyed peas
 - 1 slice bacon (optional) chopped
 - 4 whole scallions, including an inch or two of the greens, thinly sliced
 - 3 medium tomatoes (small) seeded and chopped, or 1/2 cup of drained, good quality canned tomatoes
 - 1/4 cup chopped parsley
 - 1 teaspoon dried oregano
 - 3 ounces feta cheese, diced or crumbled
 - Salt and freshly milled pepper
- LEMON VINAIGRETTE:
- 1/2 cup fresh lemon juice (this is double what the recipe called for)
 - 2 teaspoons lemon zest
 - 1 teaspoon salt
 - 1 large shallot, finely minced
 - 10 tablespoons olive oil

Servings: 12

Beans have a natural chemistry when combined with an acid (like vinegar or lemon juice) so you might think it will be too strong. If you allow the beans to absorb the dressing for several hours or overnight, you'll find the salad very mellow.

1. Dressing: Combine in a blender the lemon juice, zest, salt and shallot in a blender and puree, then add oil, taste and adjust salt and pepper to taste. The dressing will be very acidic (it should be) but will be absorbed by the beans.
2. Simmer soaked peas in salted water, about an inch above the beans, with the bacon, in a covered saucepan until tender; it will take 35 minutes to 1 hour.
3. Drain the beans (save the liquid for another use if you'd like) and place in a bowl along with the scallions, tomato, parsley, and oregano. Pour the vinaigrette over the peas and toss gently with a rubber spatula. Add the cheese, some pepper, and toss again. Taste for salt. Chill for at least 4 hours, or better yet, overnight. Serve chilled or at room temperature. Stir well before serving as the dressing will sink to the bottom.

Per Serving (excluding unknown items): 261 Calories; 14g Fat (45.6% calories from fat); 11g Protein; 26g Carbohydrate; 5g Dietary Fiber; 7mg Cholesterol; 276mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>