

Black Eyed Bean Salad

Healthy Black-Eyed Pea Salad recipe with fresh herbs, peppers, and lemon dressing. Protein-packed, vegetarian, and perfect for meal prep.

20 min

PREP

35 min

COOK

55 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 lb black eyed bean
- 1 bunch parsley
- 1 bunch dill
- 0.5 bunch scallion
- 2 capia pepper
- 2 pickled gherkins
- 1 olive oil
- 1 lemon
- 1 tsp sumac
- 1 tsp salt

Instructions

- 1 Prepare the Black-Eyed Peas**

Rinse 1 lb black-eyed peas in cold water and place in a large bowl. Cover with cold water by 2 inches and soak overnight or for at least 8 hours.
- 2** Drain and rinse the soaked peas. Place in a large pot and add enough fresh water to cover by 2 inches.
- 3 Cook the Beans**

Bring water to a boil over high heat, then reduce to medium-low and simmer for 25-30 minutes, until peas are tender but still hold their shape when pierced with a fork.
- 4** Drain the peas in a colander and rinse with cold water to stop cooking. Let cool completely, about 15 minutes.

5 **Prepare the Vegetables**

Wash and finely chop 1 bunch scallions, 1 bunch parsley, and ½ bunch dill, removing thick stems. Keep each herb separate until ready to mix.

6 Dice 2 capia peppers into ¼-inch pieces, removing seeds and stems. Dice 2 pickled gherkins into similar-sized pieces.

7 **Make the Dressing**

Whisk together 1 tsp olive oil, 1 tsp fresh lemon juice, and salt to taste in a small bowl until well combined.

8 **Assemble the Salad**

Combine cooled black-eyed peas, all chopped vegetables, and herbs in a large serving bowl. Pour dressing over and toss gently until evenly coated.

9 Let salad stand at room temperature for 15 minutes to allow flavors to meld before serving.

Tips

Soak black-eyed peas overnight for even cooking and better digestibility. If you forget to soak them, use the quick-soak method by boiling for 2-3 minutes, then letting them sit for 1 hour.

Don't overcook the beans - they should be tender but still hold their shape. Start checking for doneness after 20 minutes of cooking time.

Add a bay leaf or garlic clove while cooking the beans for extra flavor, just remember to remove before serving.

Let the cooked beans cool completely before adding the dressing to prevent wilting the fresh herbs and vegetables.

Toast the sumac briefly in a dry pan before adding to the dressing to enhance its tangy, lemony flavor.

Chop vegetables into uniform, bite-sized pieces for the best texture and appearance in the finished salad.

Reserve some fresh herbs for garnish to add visual appeal and a burst of fresh flavor when serving.