



Black-Eyed Pea Salad

The important parts of this salad are the beans and the seasoning: lemon, olive oil and a bit of garlic. Everything else is interchangeable: add or substitute different herbs such as cilantro, parsley or basil, and raw vegetables, like carrots, celery and peppers. You will achieve a different flavor, texture and look with each new ingredient you add or take away, and there are infinite possibilities, so be creative.

Ingredients

2 cup black-eyed peas
1-2 bay leaves
1 bunch scallions, chopped small
¼ cup good feta cheese, crumbled
two big handfuls of fresh dill, chopped
1 clove garlic, minced
¼ cup olive oil
juice of 1-2 lemons
salt
pepper and/or red chili flakes

Procedure

1. If you have the time, soak the beans for a few hours or overnight. Then strain and discard soaking liquid. This makes the beans more easily digestible for compromised immune systems, minimizes their gaseous quality, and reduces the cooking time.
2. Bring a pot of water to boil. Add beans and bay leaves. Cook for 20-30 minutes (more if unsoaked) until they are cooked through but not mushy. Drain, run under cold water, and let cool.
3. While beans cook, put all other ingredients together in a bowl: scallions, cheese, herbs, and garlic. Dress with olive oil, lemon juice, salt and pepper.
4. Add beans and adjust seasonings.
5. Eat warm or cold.

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