

Easy Pea-sy Salad

June 2020

Harvest of
the Month 

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

EQUIPMENT NEEDED:

- Can opener
- Cutting board
- Knife
- Mixing bowl

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



SERVING SIZE: 1/2 cup

SERVINGS: 7

PREPARATION TIME: 10 minutes

READY IN: 40 minutes

Nutrition Facts

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