

5 A Day Recipes

White Recipes

Onion Salsa Salad

Serves 6

This zesty dish adds flavor and nutrients to any meal. This is an official 5 A Day recipe-provided by Plantation Produce Co.-and gives six people more than one serving of vegetables each

- 1 cup diced onions
- 1 small can diced pimento
- 1/2 cup green onion
- 1/4 cup fresh jalapeno, chopped (optional)
- 8 ounces black eye peas
- 1 cup bell peppers, diced
- 1 ounce fresh garlic, chopped
- 1/4 cup Italian dressing
- salt and pepper to taste

Combine all items. Let marinate overnight for best flavor. Serve as a side dish or as an appetizer with low fat crackers.

Nutritional Analysis per serving:

198 calories
5 grams of fat
0 milligrams of cholesterol
11 grams of fiber
87 milligrams of sodium
25% calories from fat
1 "5 A Day" serving