

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Hoppin' John Dinner Salad

Yield: 2 servings, about 2 1/4 cups each

For the dressing:

- 2 tablespoons lemon juice
- 2 teaspoons granulated white sugar
- 2 teaspoons dried cilantro leaves
- 1/2 teaspoon minced garlic
- a dash of dried red pepper flakes, or more if desired
- a dash of ground black pepper, or more if desired
- 2 teaspoons cooking oil

For the salad:

- 2/3 cup cooked plain rice, preferably brown
- 2 teaspoons dried parsley leaves
- 1 cup cooked black-eye peas, cooked without salt, drained and rinsed
- 4 ounces cooked smoked reduced-fat and reduced-sodium sausage or "light" frankfurters, chopped or thinly sliced
- 1/2 cup canned diced tomatoes with green chilies, not drained
- 2 cups torn or chopped fresh salad greens, such as Romaine or spinach
- 2 tablespoons slivered almonds

1. Wash your hands and work area.
2. To make the dressing, in a small bowl, stir together lemon juice, sugar, cilantro, garlic, red and black pepper and oil. Set aside.
3. To make the salad, in a 1 1/2 quart serving bowl, stir together remaining ingredients.
4. Just before serving, stir dressing. Pour over salad.
5. Cover and refrigerate leftovers within two hours.



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Meal suggestion:

Serve with bananas, whole wheat rolls and low-fat milk.

This cold main dish is a revision of an old favorite. It is an excellent source of vitamins A and C, and of dietary fiber, iron and calcium.

Nutrition Facts

Serving Size about 2 1/4 cups (344g)
Servings Per Container 2

Amount Per Serving

Calories 410 Calories from Fat 170

% Daily Value*

Total Fat 19g 29%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 800mg 33%

Total Carbohydrate 45g 15%

Dietary Fiber 8g 32%

Sugars 8g

Protein 17g

Vitamin A 70% • Vitamin C 40%

Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.