


Field Pea and Rice Salad

by Helen Restaurant



 8 servings

INGREDIENTS

- 1 pint cooked field peas, cooled to room temperature
- 1 pint cooked white rice, cooled to room temperature
- 1/4 cup small diced roasted red pepper
- 1/4 cup thinly sliced scallion
- Red wine vinaigrette*
- 2 tablespoons chopped flatleaf parsley
- 2 tablespoons thinly sliced chives
- Salt and pepper to taste

*FOR RED WINE VINAIGRETTE

- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 1/4 tablespoon Dijon mustard

DIRECTIONS

In a medium mixing bowl, combine your peas, rice, peppers, and scallion.

Dress with vinaigrette to taste about 30 minutes before serving - this will allow the rice and peas to "marinate" in the vinaigrette and for the rice to absorb the vinaigrette.

Just before serving, taste and adjust the seasoning with salt, pepper, and more vinaigrette.

Lastly, fold in the fresh herbs just before serving.

CHEF'S NOTES:

When choosing field peas, my favorite would be lady peas, but these could easily be substituted with pinkeye peas or lima beans.