



## Southern Pea Salad



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## Introduction

Southern Pea Salad is a delightful dish that combines fresh flavors and nutritious ingredients. This salad is perfect for picnics, barbecues, or as a side dish for any meal. The vibrant colors and fresh tastes make it a hit among family and friends, while also providing a nutritious option packed with protein and fiber.

## Detailed Ingredients with measures

Southern Peas – 2 cups (cooked and cooled)

Red bell pepper – 1 medium (diced)

Green onions – 1/2 cup (chopped)

Celery – 1/2 cup (finely chopped)

Mayonnaise – 1/2 cup

Dijon mustard – 1 tablespoon

Salt – 1 teaspoon

Black pepper – 1/2 teaspoon

Garlic powder – 1/2 teaspoon

Sweet pickle relish – 1/4 cup

Hard-boiled eggs – 2 (chopped)

## Prep Time

15 minutes

## **Cook Time, Total Time, Yield**

Cook Time: 0 minutes

Total Time: 15 minutes

Yield: Serves 4-6 people





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## Detailed Directions and Instructions

### Step 1: Prepare the Peas

Rinse and drain the Southern peas under cold water. Ensure that any debris is removed before proceeding.

### Step 2: Cook the Peas

In a pot, bring water to a boil. Add the peas and cook for about 10-15 minutes until they are tender but still firm. Drain and let them cool.

### Step 3: Chop Vegetables

While the peas are cooling, chop the red onion, bell pepper, and celery into small pieces. Set aside in a mixing bowl.

### Step 4: Combine Ingredients

Once the peas have cooled, add them to the mixing bowl with the chopped vegetables.

### Step 5: Make the Dressing

In a separate small bowl, whisk together olive oil, apple cider vinegar, honey, salt, and black pepper until well blended.

See also [Coconut Cheesecake](#)

### Step 6: Mix the Salad

Pour the dressing over the vegetable and pea mixture. Toss gently until all ingredients are evenly coated.

**Step 7: Chill the Salad**

Cover the salad with plastic wrap or a lid and refrigerate for at least an hour to allow the flavors to meld.

**Step 8: Serve**

Before serving, give the salad a gentle toss and taste for seasoning adjustments. Serve chilled as a side dish.

## Notes

**Note 1: Fresh vs. Frozen Peas**

You can use either fresh or frozen Southern peas for this recipe. If using frozen, ensure they are thawed and drained properly.

**Note 2: Additional Vegetables**

Feel free to add other vegetables like chopped tomatoes or cucumbers based on your preference.

**Note 3: Storage**

Leftover salad can be stored in an airtight container in the refrigerator for up to 3 days.

**Note 4: Variations**

For a creamier texture, consider adding a dollop of mayonnaise or Greek yogurt to the salad before chilling.





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## Cook techniques

### Chopping Vegetables

Chop vegetables into uniform pieces to ensure even mixing and distribution of flavors throughout the salad.

### Mixing Ingredients

Gently mix ingredients using a large bowl to combine flavors without bruising delicate components.

### Marinating

Allow the salad to marinate for at least 30 minutes for the flavors to meld together for a more robust taste.

### Seasoning

Season the salad with salt and pepper to enhance the flavors of the individual ingredients.

### Serving

Serve the salad chilled for the best flavor and texture experience.

## FAQ

### Can I use different types of peas?

Yes, you can substitute with snow peas or snap peas if desired.

See also [Gulab Jamun Cake](#)

**How long can I store the southern pea salad?**

The salad can be stored in the refrigerator for up to three days.

**Can I add protein to the salad?**

Yes, you can add cooked chicken, shrimp, or beans for additional protein.

**Is this salad suitable for meal prep?**

Absolutely! It holds up well and can be made in advance for quick meals.

**What can I serve with southern pea salad?**

It pairs well with grilled meats, sandwiches, or as part of a buffet spread.



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## Conclusion

The Southern Pea Salad is a delightful and refreshing dish that showcases the vibrant flavors of fresh ingredients. Its creamy texture and zesty dressing make it a perfect side dish for barbecues, picnics, or family gatherings. You can easily customize this salad to suit your taste preferences, making it a versatile addition to your culinary repertoire.

## More recipes suggestions and combination

### Classic Potato Salad

Combine boiled potatoes, mayonnaise, mustard, celery, onions, and hard-boiled eggs for a classic and creamy side dish.

### Coleslaw

Mix shredded cabbage and carrots with a tangy dressing of mayonnaise, vinegar, and sugar for a crunchy and refreshing taste.

### Caprese Salad

Layer fresh mozzarella, tomatoes, and basil drizzled with balsamic glaze for a light and flavorful combination.

### Black Bean Salad

Toss black beans with corn, avocado, red onion, cilantro, and lime juice for a protein-packed salad that's perfect for gatherings.

### Pasta Salad

Combine cooked pasta with cherry tomatoes, olives, bell peppers, and

Italian dressing for a hearty, satisfying dish.

### **Greek Salad**

Mix cucumbers, tomatoes, red onion, olives, and feta cheese tossed in olive oil and lemon juice for a refreshing Mediterranean option.

See also Baby Back Ribs with Balsamic Peach BBQ Sauce



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