

Cowpea Salad

Recipe kindly contributed by Dr Annia Matikiti (University of Zimbabwe)

Preparation Time: 15 mins

Serves: 2 people



Ingredients:

- 200g Cowpea (1 cup), soaked overnight and boiled.
- 1 Head of lettuce
- 1 packet of gooseberries
- 1 packet feta cheese (50g)
- 1 Tomatoes chopped.
- 2 teaspoon Olive oil
- 2 teaspoon vinegar
- 1 teaspoon sugar
- 1 bottle 1000 Island Salad Dressing (Optional)

Method:

1. Mix the vinegar, olive oil and sugar and mix well.
2. Drain well the boiled cowpea to remove excess water and put into a serving bowl.
3. Add the olive oil mixture into the cowpea and stir well and set aside.
4. Clean the lettuce leaves and gooseberries and dry them with a kitchen paper towel or kitchen towel and add them into cowpea bowl.
5. Clean the tomato and slice it and break the feta cheese into small pieces and add into cowpea bowl and mix all well. Serve.

Nutrition Facts

Servings: 2

Amount per serving

Calories **567**

% Daily Value*

Total Fat 14.8g **19%**

Saturated Fat 5.1g **26%**

Cholesterol 22mg **7%**

Sodium 308mg **13%**

Total Carbohydrate 85g **31%**

Dietary Fiber 18.6g **67%**

Total Sugars 12.8g

Protein 29.5g

Vitamin D 0mcg **0%**

Calcium 279mg **21%**

Iron 13mg **75%**

Potassium 1764mg **38%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.