

## Healthy Appetizer and/or topping for Salad from Susan Wimmers

2 cans blackeyed peas or field peas

1 can white hominy - you can substitute shoepeg corn, black beans or something else you like

2 medium tomatoes rinsed and chopped or Del Monte canned diced tomatoes with seasoning of your choice

3 cloves garlic minced

1 medium yellow or orange pepper chopped (I use these for the color but you can use red or green pepper)

$\frac{1}{2}$  cup chopped fresh parsley

1 cup (or less) Italian dressing

Toss all ingredients together. Serve with Toastito Scoops. Also wonderful to use the leftovers to toss with a salad. You don't even need dressing.

Lasts in fridge for at least 2 weeks.

Can double recipe easily. This is always a big hit with both men and women alike.