



## Black Eyed Peas and Greens

Number of servings: 3

Serving Size: 1 ½ cups

### Equipment:

Medium pot with a lid

### Ingredients:

1 ½ cups black eyed peas, prepared from dry, without salt or fat added

1 Tablespoon canola oil

½ cup chopped onion

1 clove garlic, minced

1 cup water

16-ounce bag frozen chopped collard greens

¼ teaspoon pepper

¼ teaspoon salt

### Directions:

To prepare beans, rinse 2 cups dry black-eyed peas several times in cool water. Remove any foreign objects like small pebbles. Place peas in a large saucepot with water, covering 1-2 inches above the peas. Bring to a boil. Boil, uncovered, for 3 to 5 minutes. Turn off heat. Cover pot and allow beans to soak for 1 hour. Drain and rinse peas in cold water. To finish cooking peas, place soaked peas in a pot with at least 6 cups water and bring to a simmer. Reduce heat and cover pot, almost completely, with a lid. Simmer 30 minutes or until peas are soft but skins are still on. Drain water. The peas are now ready to use. You will only need 1 ½ cups of the prepared peas, so you may refrigerate or freeze the leftovers.

In a large pot, heat canola oil over medium heat. Saute onion for a few minutes. Add garlic and cook 30 seconds. Add water and bring to a boil. Add collard greens, pepper and salt. Stir and reduce heat to low. Cover pot and cook for 15 minutes. Add peas, stir, cover and cook 5 more minutes or until greens are very tender and peas are heated through.

**Cost per recipe** \$4.54

**Cost per serving** \$1.51

**MyPlate servings:** 1 ¼ serving vegetables

**Adapted from:** <http://www.lightenuplancaster.org/LULC/media/media/get%20healthy/AfricanAmerican.pdf>

## Nutrition Facts

Serving Size 1.5 cups  
Serving Per Container 3

### Amount Per Serving

**Calories** 186

% Daily Values\*

**Total Fat** 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3g

**Cholesterol** 0mg **0%**

**Potassium** 461mg **13%**

**Sodium** 216mg **9%**

**Total Carbohydrate** 27g **9%**

Dietary Fiber 8g **32%**

Sugars 5g

**Protein** 9g **18%**

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>