

# Black-eyed Peas



## Key Points

- ▶ An excellent source of folate and a good source of the B-vitamin thiamin. Also a good source of iron, magnesium, and copper and a rich source of fiber.
- ▶ For fresh peas, select hulls that are colorful, firm, clean, and not shriveled. Peas inside should be well-developed. Dried beans should not be discolored or malformed. Pick over and discard unusual looking peas.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Shell fresh peas as soon as possible and prepare within three days or freeze. Store dried beans at room temperature in a closed container to protect from moisture and pests.

## Quick Tips

- ▶ Dry peas should be sorted to remove small stones or other foreign objects. Once sorted, place in a colander and rinse under cold, running water. Place beans in a pot and cover with water to soak. Make sure you use a large enough pot since the peas will expand to double or triple their size.
- ▶ Fun fact for kids: Black-eyed peas are actually a type of bean.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ For fresh peas, cover with water and bring to a boil. Cover pot and cook for an hour. For dried peas, drain soaked beans, rinse, and drain again. Add enough water in a pot of soaked beans to cover (3 cups clean water for every 1 cup of beans) and bring to a boil. Reduce heat and cook slowly for two hours. You may need to add more water during cooking.

## Black-Eyed Pea and Corn Salad

Number of servings: 12

### Ingredients:

- 2 pounds fresh, shelled black-eyed peas
- 12 ears corn, shucked, cooked
- 1 red onion, chopped
- 1 green pepper, chopped
- 2 tablespoons canola oil
- ¼ cup vinegar
- 1 teaspoon ground cumin
- ½ teaspoon ground black pepper

### Directions:

- ▶ Wash peas and pour into saucepan. Cover with water so that there is about ½ inch water over peas.
- ▶ Bring to a boil, turn down heat to simmer. Simmer for 1 hour or to desired doneness. Drain and allow to cool. Add to medium salad bowl.
- ▶ Cut corn off of cobs and add to bowl.
- ▶ Add onion and green pepper to bowl. Toss.
- ▶ In separate bowl, add oil, vinegar, cumin, and black pepper. Stir well. Pour over vegetables.
- ▶ Can serve hot or cold.

**Per serving:** 361 calories; 4 g fat (1 g saturated fat); 21 g protein; 65 g carbohydrate; 11 g dietary fiber; 0 mg cholesterol; 27 mg sodium.

## Black-Eyed Pea Salsa

Number of servings: 16

### Ingredients:

- 3 pounds fresh, shelled black-eyed peas, cooked
- 2 green peppers, finely chopped
- ½ onion, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- ⅛ teaspoon garlic powder
- ½ cup red wine vinegar
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- ½ teaspoon ground cumin
- 1 teaspoon ground black pepper
- 4 slices turkey bacon, cooked and crumbled

### Directions:

- ▶ In a large bowl, mix together the peas, green peppers, onion, jalapeno, and garlic powder.
- ▶ In a small bowl, whisk together the red wine and balsamic vinegars. Gradually add the olive oil, whisking constantly to thoroughly blend with the vinegars. Stir in the cumin and black pepper.
- ▶ Pour the dressing over the vegetable mixture, tossing to coat evenly. Cover and refrigerate 3-4 hours.
- ▶ Just before serving, stir in the crumbled bacon.
- ▶ Serve with tortilla chips.

**Per serving:** 332 calories; 5 g fat (1 g saturated fat); 21 g protein; 53 g carbohydrate; 9 g dietary fiber; 3 mg cholesterol; 60 mg sodium.

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