

What to do with... **Black Eye Peas**

Storage:

- Use canned black-eyed peas by the expiration date
- Once opened, canned black eyed- peas can be stored in the refrigerator for up to 5 days
- Dried black-eyed peas, once cooked, can be stored in the refrigerator for up to 5 days
- Freeze cooked black-eyed peas for up to 6 months

Steps to prepare black-eyed peas:

Black eyed peas can be found in cans or as dry beans

- a. Canned black-eyed peas should be drained and rinsed before use. Select low sodium
- b. Dried black-eyed peas should be rinsed, soaked overnight, then simmered in 5 cups of water per 1 cup beans until tender, about 4 hours

Tips for making flavorful black-eyed peas:

- Serve with brown rice
- Serve cold in a salad with a vinegar-based dressing
- Add to soups or stews
- If cooking dry black-eyed peas, add salt and acids such as tomatoes at the end of the cooking time to avoid making the peas tough
- Add spices like garlic and oregano

Use in:

- Hot or cold salads
- Soups and stews
- Serve with grains and vegetable for a vegetarian meal



General nutrition information:

- Good source of fiber



Recipes



Black Eye Peas

Nutrition information for 1 cup raw:

Vitamin A < 1% DV
Vitamin C ~ 1% DV
Magnesium ~ 22% DV
Potassium ~ 14% DV
Calcium ~ 3% DV
Fiber ~ 44% DV

Hoppin' John

Ingredients:

- ½ cup dry brown rice
- 1 tablespoon olive oil
- ½ onion, chopped
- ½ bell pepper, chopped
- 1 celery stalk, diced
- 15½ ounces black eyed peas, cooked
- 1 garlic clove, minced
- ½ teaspoon basil
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- 1 bay leaf
- 1 cup water

Instructions:

- Preheat oven to 375 F. Place brown rice in a 9x13 oven-safe dish.
- Heat oil in a skillet and saute onions, bell pepper, and celery.
- Add garlic, spices, bullion cubes, bay leaf, and black eye peas and cook for 2-3 minutes.
- Add water and bring to a boil.
- Pour the black eye pea mixture over the rice. Stir and cover with foil. Bake at 375 F for 30 minutes or until rice is tender.



Nutrition Facts

3 servings per container
Serving size 1 serving (323g)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	28%
Total Carbohydrate 48g	17%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 3mg	15%
Potassium 503mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NOTE: This recipe is considered high in sodium. Draining and rinsing canned vegetables may reduce their sodium amounts by up to 40%.

(Recipe adapted from <https://www.wellplated.com/hoppin-john-recipe/>)

Cumin Collard Greens with Black Eye Peas

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 6 garlic cloves
- 1 teaspoon cumin
- 2 cups water
- 2 low-sodium chicken bouillon cubes
- 1 bell pepper, diced
- 2 bunches collard greens, destemmed, rinsed, and diced
- 15½ ounces canned black eyed peas, drained and rinsed
- ½ teaspoon ground black pepper

Instructions:

- Heat oil in a large skillet over medium high heat. Add onion and cook until slightly caramelized, about 10 minutes. Add garlic and cumin and cook for 1 minute.
- Add water with dissolved bullion, bell pepper, and collard greens. Cover and cook on medium low heat for about 15 minutes.
- Add black eye peas, stir, replace cover, and continue cooking until greens are tender, about 15 more minutes.



Nutrition Facts

4 servings per container
Serving size 1 serving (523g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 34g	12%
Dietary Fiber 14g	50%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 577mg	45%
Iron 3mg	15%
Potassium 792mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://www.cookinglight.com/recipes/braised-collard-greens-bacon-pepper-pinto-beans>)



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