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

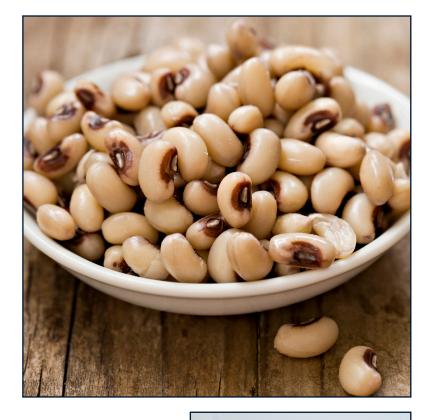
- a. Canned black-eyed peas should be drained and rinsed before use. Select low sodium
- b. Dried black-eyed peas should be rinsed, soaked overnight, then simmered in 5 cups of water per 1 cup beans until tender, about 4 hours

Tips for making flavorful blackeyed 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



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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

Nutrition Facts

1 serving (323g)

290

8%

5%

0%

28%

17%

25%

0%

0%

4% 15%

10% in a

% Daily Value*

3 servings per container

ount ner serving

Serving size

Calories

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 640mg

Dietary Fiber 7g

Total Sugars 2g

Protein 10g Vitamin D 0mcg

Calcium 63mg

Iron 3mg Potassium 503mg

Total Carbohydrate 48g

Includes 0g Added Sugars

*The % Daily Value tells you how much a serving of food contributes to a daily diet.

Total Fat 6g

Hoppin' John

Ingredients:

- $\frac{1}{2}$ cup dry brown rice
- tablespoon olive oil 1
- onion, chopped 1/2
- $\frac{1}{2}$ bell pepper, chopped
- celery stalk, diced 1
- 15½ ounces black eyed peas, cooked
- 1 garlic clove, minced
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon dried oregano
- 1 bay leaf
- 1 cup water

Instructions:

- Preheat oven to 375 F. Place brown rice in a 9x13 ovensafe 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.

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:

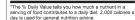
- 1 tablespoon olive oil
- onion. diced 1
- 6 garlic cloves
- teaspoon cumin 1
- 2 cups water
- 2 low-sodium chicken bouillon cubes
- 1 bell pepper, diced
- 2 bunches collard greens, destemmed, rinsed, and diced
- 15½ ounces canned black eyed peas, drained and rinsed
- 1/2 teaspoon ground black pepper

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.







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

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