

Black-Eyed Peas & Greens

Makes 6 servings | Protein • Vegetables

Ingredients

- 2 cloves garlic (1 Tablespoon minced)
- 1 medium onion
- 1 pound raw greens (collard greens, kale, or spinach work well)
- 2 Tablespoons canola oil
- 1 cup water or low-sodium broth
- 2 15-ounce cans black-eyed peas
- Salt and black pepper to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash vegetables and pat dry. Mince garlic. Dice onion. Chop greens into bite-sized pieces.
3. Heat oil in a large skillet on medium high. Add onion and garlic. Cook for 2-3 minutes until golden.
4. Decrease heat to medium. Add greens and cover the skillet. Cook for 5 minutes.
5. Add in water or broth, black-eyed peas, salt, and pepper. Cook for 15-20 minutes or until greens are tender and water is almost gone.
6. Serve with corn bread or biscuits.

Fun Fact

Black-eyed peas are actually beans and are a variety of cowpea. They are a legume and count as both a protein food and a vegetable.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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