

Black-Eyed Peas

Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



Black-Eyed Pea and Celery Salad

Ingredients:

2 tablespoons vegetable oil
3 tablespoons lemon juice
1/4 cup chopped onion
2 garlic cloves, minced
1/2 teaspoon dried oregano or Italian seasoning
3 cups cooked black-eyed peas
2 celery stalks, chopped
1 bell pepper, finely chopped
1/4 cup chopped parsley
1 teaspoon hot sauce (optional)
Salt and pepper, to taste

Directions:

1. Combine all ingredients in a large bowl.
2. Add salt and pepper to taste.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 8 servings.

Southern Style Black-Eyed Peas and Rice

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
1 garlic clove, minced
1 1/2 cups chopped tomatoes
1/2 teaspoon dried basil or Italian seasoning
1/4 teaspoon dried thyme (optional)
2 cups cooked brown or white rice
1 3/4 cups cooked black-eyed peas
Salt and pepper, to taste

Directions:

1. In a large pan, heat oil over medium heat. Add onion and garlic and cook for 3 minutes or until soft.
2. Stir in tomatoes, basil, thyme, rice and black-eyed peas.
3. Cover and simmer for 15 minutes.
4. Add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label — What does it tell us?

Recipe Name:
Black Eyed Pea and Celery Salad

Recipe Name:
Southern-Style Black Eyed Peas and Rice

Nutrition Facts			
Serving Size (116g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 35		
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 15g			5%
Dietary Fiber 4g			16%
Sugars 3g			
Protein 2g			
Vitamin A 15%	• Vitamin C 40%		
Calcium 10%	• Iron 6%		
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
 - Total fat
 - Saturated fat
 - Trans fat
 - Cholesterol
 - Sodium

4. Get enough of these:
 - Fiber
 - Vitamins A and C
 - Iron
 - Calcium

Nutrition Facts			
Serving Size (205g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 30g			10%
Dietary Fiber 5g			20%
Sugars 5g			
Protein 4g			
Vitamin A 10%	• Vitamin C 20%		
Calcium 10%	• Iron 8%		
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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