

# 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.

Just Say Yes to Fruits and Vegetables

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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**

| <b>Nutrition Facts</b>   |                             |                        |            |
|--|-----------------------------|------------------------|------------|
| Serving Size (116g)  |                             | Servings Per Container |            |
| <b>Amount Per Serving</b>  |                             |                        |            |
| <b>Calories</b> 100  | <b>Calories from Fat</b> 35 |                        |            |
|  |                             | % Daily Value*         |            |
| <b>Total Fat</b> 4g  |                             |                        | <b>6%</b>  |
| Saturated Fat 0g   |                             |                        | <b>0%</b>  |
| Trans Fat 0g   |                             |                        |            |
| <b>Cholesterol</b> 0mg   |                             |                        | <b>0%</b>  |
| <b>Sodium</b> 115mg  |                             |                        | <b>5%</b>  |
| <b>Total Carbohydrate</b> 15g  |                             |                        | <b>5%</b>  |
| Dietary Fiber 4g   |                             |                        | <b>16%</b> |
| Sugars 3g  |                             |                        |            |
| <b>Protein</b> 2g  |                             |                        |            |
| <b>Vitamin A</b> 15%   | • <b>Vitamin C</b> 40%      |                        |            |
| <b>Calcium</b> 10%   | • <b>Iron</b> 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

| <b>Nutrition Facts</b>   |                             |                        |            |
|--|-----------------------------|------------------------|------------|
| Serving Size (205g)  |                             | Servings Per Container |            |
| <b>Amount Per Serving</b>  |                             |                        |            |
| <b>Calories</b> 180  | <b>Calories from Fat</b> 45 |                        |            |
|  |                             | % Daily Value*         |            |
| <b>Total Fat</b> 5g  |                             |                        | <b>8%</b>  |
| Saturated Fat 0.5g   |                             |                        | <b>3%</b>  |
| Trans Fat 0g   |                             |                        |            |
| <b>Cholesterol</b> 0mg   |                             |                        | <b>0%</b>  |
| <b>Sodium</b> 200mg  |                             |                        | <b>8%</b>  |
| <b>Total Carbohydrate</b> 30g  |                             |                        | <b>10%</b> |
| Dietary Fiber 5g   |                             |                        | <b>20%</b> |
| Sugars 5g  |                             |                        |            |
| <b>Protein</b> 4g  |                             |                        |            |
| <b>Vitamin A</b> 10%   | • <b>Vitamin C</b> 20%      |                        |            |
| <b>Calcium</b> 10%   | • <b>Iron</b> 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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