

Hoppin' John

Just Say Yes to Fruits and Vegetables

This nutritious southern-style dish will have you hoppin' for more!



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Serves 6 • Serving: ½ cup

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Vegetables

Try this quick and delicious dish as an easy way to get your greens in!

Ingredients:

- 1 cup dry brown rice
- 8 cups collard greens
- 2 tablespoons vegetable oil
- 4 chopped garlic cloves
- 1 can (15 oz) low salt diced tomatoes
- 1 can (15 oz) rinsed low salt black eyed peas
- Salt and pepper, to taste

Directions:

1. Cook the rice according to package directions. Set aside.
2. Wash the collard greens and remove the stems. Chop greens into 1 inch pieces.
3. Heat vegetable oil in a large pot on medium heat.
4. Add garlic and cook for 2 minutes. Add collard greens and stir to coat in oil. Cook for 5 minutes.
5. Add tomatoes and stir. Cover the pot and let cook for 15-20 minutes. Water may be added if mixture becomes dry.
6. Add black eyed peas, salt, and pepper to tomato and greens mixture. Serve over rice and enjoy!
7. Refrigerate leftovers.

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