Black-eyed Peas

Key Points

- An excellent source of folate and a good source of the B-vitamin thiamin. Also a good source of iron, magnesium, and copper and a rich source of fiber.
- For fresh peas, select hulls that are colorful, firm, clean, and not shriveled. Peas inside should be well-developed. Dried beans should not be discolored or malformed. Pick over and discard unusual looking peas.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Shell fresh peas as soon as possible and prepare within three days or freeze. Store dried beans at room temperature in a closed container to protect from moisture and pests.

Black-Eyed Pea and Corn Salad

Number of servings: 12

Ingredients:
2 pounds fresh, shelled black-eyed peas
12 ears corn, shucked, cooked
1 red onion, chopped
1 green pepper, chopped
2 tablespoons canola oil
¼ cup vinegar
1 teaspoon ground cumin
½ teaspoon ground black pepper

Directions:
- Wash peas and pour into saucepan. Cover with water so that there is about ½ inch water over peas.
- Bring to a boil, turn down heat to simmer. Simmer for 1 hour or to desired doneness. Drain and allow to cool. Add to medium salad bowl.
- Cut corn off of cobs and add to bowl.
- Add onion and green pepper to bowl. Toss.
- In separate bowl, add oil, vinegar, cumin, and black pepper. Stir well. Pour over vegetables.
- Can serve hot or cold.

Per serving: 361 calories; 4 g fat (1 g saturated fat); 21 g protein; 65 g carbohydrate; 11 g dietary fiber; 0 mg cholesterol; 60 mg sodium.

Black-Eyed Pea Salsa

Number of servings: 16

Ingredients:
3 pounds fresh, shelled black-eyed peas, cooked
2 green peppers, finely chopped
½ onion, finely chopped
1 jalapeno pepper, seeded and finely chopped
½ teaspoon garlic powder
½ cup red wine vinegar
2 tablespoons balsamic vinegar
¼ cup olive oil
½ teaspoon ground cumin
1 teaspoon ground black pepper
4 slices turkey bacon, cooked and crumbled

Directions:
- In a large bowl, mix together the peas, green peppers, onion, jalapeno, and garlic powder.
- In a small bowl, whisk together the red wine and balsamic vinegars. Gradually add the olive oil, whisking constantly to thoroughly blend with the vinegars. Stir in the cumin and black pepper.
- Pour the dressing over the vegetable mixture, tossing to coat evenly. Cover and refrigerate 3-4 hours.
- Just before serving, stir in the crumbled bacon.
- Serve with tortilla chips.

Per serving: 332 calories; 5 g fat (1 g saturated fat); 21 g protein; 53 g carbohydrate; 9 g dietary fiber; 3 mg cholesterol; 60 mg sodium.

Quick Tips

- Dry peas should be sorted to remove small stones or other foreign objects. Once sorted, place in a colander and rinse under cold, running water. Place beans in a pot and cover with water to soak. Make sure you use a large enough pot since the peas will expand to double or triple their size.
- Fun fact for kids: Black-eyed peas are actually a type of bean.
- Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- For fresh peas, cover with water and bring to a boil. Cover pot and cook for an hour. For dried peas, drain soaked beans, rinse, and drain again. Add enough water in a pot of soaked beans to cover (3 cups clean water for every 1 cup of beans) and bring to a boil. Reduce heat and cook slowly for two hours. You may need to add more water during cooking.

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