



## Black-Eyed Peas, Dry

MyPlate Food Group: **Vegetable** or **Protein**

USDA  
**Foods**

### Nutrition Information

- ½ cup of cooked black-eyed peas counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Black-eyed peas are high in protein, fiber, and iron.
- Black-eyed peas also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about black-eyed peas, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Black-eyed peas should be soaked before cooking.
- Before soaking, sort through the beans and remove any stones, dirt, broken, or shriveled pieces. Use one of the following methods:

#### Overnight Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.

#### Quick Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

- If a recipe calls for cooked beans, put the soaked, drained and rinsed beans in a pot with new water and bring them to a boil. Turn the heat down to low, cook about 1 hour.

### MyPlate Facts

- Black-eyed peas supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health.
- It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.

### Storing Foods at Home

- Store dry black-eyed peas in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly closed bag or container.



## USDA Foods

### **Black-eyed Pea Salad**

*Makes 6 servings*

#### **Ingredients:**

- 1 cucumber
- 1 red onion, chopped
- 2 tomatoes, chopped
- 1 fresh serrano or jalapeno pepper, minced (optional)
- 3 ½ cups black-eyed peas, cooked and cooled
- ¼ cup fresh cilantro, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons lemon juice

#### **Directions:**

1. Peel cucumber and cut in half lengthwise. Scrape out the seeds with a spoon and discard. Chop cucumber into small pieces (about ¼ inch) and put into a large bowl.
2. Add onion, tomatoes, pepper (optional), black-eyed peas, chopped cilantro, salt, and pepper to the cucumber.
3. Mix well and add lemon juice 30 minutes before serving.

*Recipe adapted from Working for a Healthier Tennessee*

### **Black-eyed Peas and Collards**

*Makes 10 servings*

#### **Ingredients:**

- 1 cup dry black-eyed peas
- 1 tablespoon butter
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 bay leaf
- 1 large bunch of collard greens, stems removed, thoroughly wash and chopped into bite-sized pieces
- salt and pepper, to taste

#### **Directions:**

1. Soak the black-eyed peas overnight in 4 cups of water.
2. Melt the butter in a large pot on medium heat.
3. Add the onion, garlic, and bay leaf. Cover the pan and leave it for 2 minutes. Remove cover and continue cooking and stirring occasionally until the chopped onion is translucent.
4. Drain the peas and pour into the pot. Add enough water to cover the peas. Cook on medium-low heat until the peas are tender (about 30 minutes—2 hours). Check them every 30 minutes, adding water if necessary to keep the peas covered.
5. Once the peas are tender, add the collard greens to the pot. Add salt and pepper to taste. Cover with the lid and cook on low for about 10-15 minutes.
6. Serve as is or over brown rice, whole grain toast, or your favorite whole grain.

*Recipe adapted from Good and Cheap by Leanne Brown*