



Cooking with Black-Eyed Peas

Dry black-eyed peas are a nutritious and inexpensive food. They are very low in fat and sodium but high in fiber, folic acid and protein.

To get the most protein from the peas, serve them with grain foods such as corn, rice or wheat. Cooked black-eyed peas are also a good source of iron.

A serving size is $\frac{1}{2}$ cup.

Uses

Use black-eyed peas as a tasty side dish or include it in casseroles, soups, and salads.

Black-eyed peas are often packaged in one or two-pound bags. One pound of dry peas is about 2 cups.

One cup of dry black-eyed peas makes 3 cups of cooked peas (6 servings).

How to store them

Store dry black-eyed peas in an airtight container and keep them in a cool, dry place. For best taste, use them within 1 year of receiving them.

Cooked peas can be frozen or refrigerated. Freeze cooked black-eyed peas in a shallow (no more than 3 inches deep) airtight container and use within 6 months. Cooked peas stored in the refrigerator should also be stored in a shallow covered container. This helps the peas to cool more quickly and safely.

Never place a large pot of cooked peas in the refrigerator or freezer. They may not cool fast enough to prevent someone from getting sick.

Refrigerate the cooked peas within 2 hours of preparation and use them within 4 or 5 days.

Black-Eyed Peas (makes six servings, $\frac{1}{2}$ cup each)

What you need

- 1 cup dry black-eyed peas
- 1 small onion, chopped (if you like)
- jalapeño pepper (if you like)
- salt (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Rinse the peas with running water. Sort out any broken peas, pebbles, or other objects that might be present. Rinse the peas again.
3. Soak the peas: Place them in a large pot. For every 1 cup of dry peas, add 5 cups of water. Bring the peas and water to a boil and boil for 2 minutes. Remove the pot from the heat, cover it and let it stand for 2 hours.
4. Drain the liquid from the peas and replace with fresh water (the same amount you used for soaking).
5. Add onions and jalapeño peppers to the peas. Bring them to a boil, then reduce the heat and cook for about 2 hours or until the peas are tender. Add water as needed.
6. Add salt and serve.

Tip: Add salt when the peas are almost done cooking. If you add the salt too early, the peas will be tough.

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