



Give Them More
of the
Good Stuff!

Black-Eyed Pea Basics



Shop and Save

- ✿ Black-eyed peas are available dry, canned or even frozen—all great options to keep on hand. Consider stocking up when they're on sale!
- ✿ Dry black-eyed peas are usually less expensive than canned but will take longer to cook.
- ✿ When buying canned, look for options with low or no added sodium.

Black-eyed peas are filled with protein, fiber and minerals like potassium and iron.



Black-Eyed Peas Math

- 1 pound of dry black-eyed peas = 2 cups dry black-eyed peas = 6 cups cooked
- 1 can (15 to 16 ounces) of cooked black-eyed peas = 1 1/2 to 2 cups



Store Well Waste Less

- ✿ Store dry black-eyed peas in an airtight container in a cool, dry place. Label with the date they were purchased and try to use within 1 year for best quality.
- ✿ Store cans in a cool, dry place. If a can is leaking, bulging on the ends or spurts when opened, throw it away and wash your hands and kitchen surfaces thoroughly.
- ✿ Refrigerate cooked or

opened canned black-eyed peas in a covered container that is not made of metal. Use within 5 days.

- ✿ For longer storage, place cooked or opened canned black-eyed peas in a freezer-quality container. Use within 6 months for best quality.
- ✿ Have leftover black-eyed peas? Use them in dishes like salads, soups, stews and casseroles. They can also be mashed and used as a base for dips or spreads.



Black-Eyed Peas History

- Black-eyed peas were first grown in Africa and are an ingredient in many African Heritage recipes.
- The peas were brought to America and became a staple food across the southern United States.
- Today, many Americans enjoy black-eyed peas at New Year as a symbol of good luck.



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Enjoy Black-Eyed Peas

Go to
[FoodHero.org](https://www.foodhero.org)
for easy, tasty
black-eyed peas
recipes.

Black-Eyed Peas and Greens

Ingredients:

- 1 Tablespoon **vegetable oil**
- 1 medium **onion**, chopped
- 3 cloves **garlic**, minced
- 4 cups low-sodium **broth** (any type)
- 1 cup **dry black-eyed peas**, soaked in 3 cups water for at least 6 hours and rinsed
- 1 teaspoon **paprika**
- 1 teaspoon **thyme**
- ¼ teaspoon **black pepper**
- ½ teaspoon **salt**
- 3 to 4 cups trimmed and chopped **collard greens**
- 1 teaspoon **vinegar** or hot sauce

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables before preparing.
3. Heat oil in a large pot over medium heat. Add onion and garlic. Cook until onions soften, about 5 minutes.
4. Add broth, black-eyed peas, paprika, thyme, pepper and salt.
5. Bring the mixture to a boil, then simmer until the peas are tender, about 30 to 35 minutes.
6. Add the collard greens and stir until wilted. Cover the pot and simmer until the collards are tender, 10 to 30 minutes. Add vinegar.
7. Serve with rice or cornbread.
8. Refrigerate leftovers within 2 hours.

Notes:

- 🌸 No dry black-eyed peas? Use 3½ cups frozen or canned instead.
- 🌸 No fresh collards? Use 12 ounces of any fresh leafy green. Or use 2 to 3 cups frozen or canned greens.

Makes about 5 cups

Prep time: 15 minutes + 6 hours to soak

Cook time: 1 hour 10 minutes

Black-Eyed Peas and Quinoa Salad

Ingredients:

- 3 cups chopped **kale**
- 1¾ cup **black-eyed peas** (cooked, frozen or canned and drained)
- 2 cups cooked **quinoa**
- 1 small **red onion**, chopped
- 1 **bell pepper**, diced (any color)
- 3 Tablespoons **white distilled vinegar**
- 2 Tablespoons **vegetable oil**
- 1 teaspoon **paprika**
- ½ teaspoon **black pepper**
- ¾ teaspoon **salt**

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables before preparing.
3. In a large bowl, combine the kale, black-eyed peas, quinoa, onion and bell pepper.
4. In a small bowl or jar with a lid, combine the vinegar and remaining ingredients.
5. Pour mixture over vegetables and quinoa. Stir to combine. Chill, if desired.
6. Refrigerate leftovers within 2 hours.

Notes:

- 🌸 Try adding other vegetables such as zucchini, hot pepper or tomato.
- 🌸 Try other cooked grains such as bulgur or wheat berries.

Makes about 7 cups

Prep time: 10 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌸 **rinse fresh veggies under cool, running water.**
- 🌸 **use a colander to rinse canned or dry black-eyed peas.**
- 🌸 **measure and mix ingredients.**