

Black-Eyed Peas with Collard Greens

A delicious transition from winter to spring with a fresh take on black-eyed peas for a wonderful bone-healthy main or side dish

Servings: 6 as a side dish

Ingredients:

3 tablespoons extra virgin olive oil	2 tablespoons tomato paste dissolved in ½ cup water
1 large onion, chopped	1-2 cups vegetable stock
3 cloves garlic, minced	¼ cup fresh dill, chopped (more to taste)
1 bay leaf	freshly ground pepper
1 large bunch collard greens, stemmed and chopped into ribbons	¼ tsp sea salt, or to taste
3-1/4 cups frozen black-eyed peas, thawed	optional toppings: fresh lemon juice or crumbled feta cheese (see notes)

Preparation:

Preheat oven to 350 degrees. In a large, overproof skillet with lid or a Dutch oven, heat the 2 tablespoons of olive oil over medium heat and add onion. Cook, stirring, until tender, about 5 minutes then add the garlic. Stir together for 30 seconds, until fragrant. Add the greens a handful at a time, stirring as you go, until all greens have been added and are wilted. Add the dissolved tomato paste and stir, then add 1/8 teaspoon sea salt, if desired. Stir in the beans, bay leaf and enough stock to barley cover everything, cover and place in the oven for 30 minutes, until collards are tender and beans are very soft.

Uncover pot and add a bit of liquid if the beans are dry. Stir in the remaining olive oil and the dill, cover and simmer for another 10 minutes. Check remaining salt if needed and freshly ground black pepper to taste. Serve warm or hot. If desired, add a squeeze or two of fresh lemon juice or crumbled feta.

Approximate nutrients:

Calories 213	Copper 230 mcg
Protein 10 grams	Iron 3 mg
Carbohydrates 28 grams	Magnesium 64 mg
Dietary fiber 8 grams	Selenium 4 mcg
Total fat 6.75 grams	Zinc 2 mg
Calcium 122 mg	Vitamin A mcg RAE
Potassium 515 mg	Vitamin K 328 mcg (see notes)
Sodium 117 mg	

Notes:

1. If you are taking a blood thinning drug such as Coumadin (warfarin), consult your doctor before consuming vitamin K containing foods.
2. Topping with feta cheese changes the recipe from vegan to vegetarian. It adds a small amount of calories, protein, calcium, potassium and vitamin A

Adapted from NY Times Cooking by Martha Rose Shulman

<http://cooking.nytimes.com/recipes/1012844-black-eyed-peas-with-collard-greens>