



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

BLACK-EYED PEAS AND GREENS

Cooking Light – December 2011

Serves 4

- 2 Slices smoked bacon
- ½ cup chopped onion
- 2 cups fat-free, lower-sodium chicken broth
- 2 cups water
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 (1 pound) bag frozen black-eyed peas, thawed
- 1 (12-ounce) bunch fresh turnip greens, trimmed and coarsely chopped
- 2 tablespoons pepper vinegar

- Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan using a slotted spoon, reserving droppings in pan. Crumble bacon.
- Add onion to droppings in pan; sauté 4 minutes, stirring occasionally. Stir in broth and the next 5 ingredients (through greens); bring to a boil.
- Reduce heat, and simmer for 55 minutes or until peas are tender, stirring occasionally and skimming as necessary. Stir in vinegar. Ladle about 1/3 cups pea mixture into each of 4 bowls; top evenly with crumbled bacon.