



# Black-eyed Peas, Canned, Low-Sodium

## MyPlate Food Group: Protein or veggie

### Nutrition Information

- ½ cup of 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 low in fat, calories, and sodium and do not contain cholesterol.
- Black-eyed peas are a good source of plant protein.
- For specific information about black-eyed peas, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses & Tips

- Canned black-eyed peas are precooked and do not require any soaking. They do not need to be heated before eating.

### 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.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

### Storing Foods at Home

- Store unopened canned black-eyed peas in a cool, clean, and dry place.
- After opening, take any unused black-eyed peas out of the can and store them in a tightly covered container in the refrigerator.



**GOLDEN**  
HARVEST FOOD  
BANK



## Black-Eyed Pea Casserole

Makes 10-12 servings

### Ingredients:

- 1 cup long grain and wild rice mix
- 1 pound ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 cans (15½ ounces each) low-sodium black-eyed peas, rinsed and drained
- 1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
- ½ cup shredded cheddar cheese

Directions: Wash hands with soap and water.

1. In a large saucepan, cook the rice according to package directions. Meanwhile, in a large skillet, cook the beef, onions and green peppers over medium heat until the meat is no longer pink and drain.
2. In a large bowl, combine the black-eyed peas, soup, rice, and beef mixture. Transfer to a greased 2½ quart baking dish.
3. Cover and bake at 350° for 20-25 minutes or until heated through. Uncover and sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

## Hoppin' John

Makes 4 servings

### Ingredients:

- 2 cups water
- 1 cup rice, uncooked
- ½ cup onion, chopped
- 2 cloves garlic, chopped
- 1 cup low-sodium canned black-eyed peas
- 8 ounces turkey ham, thawed and cut into cubes or regular cooked ham ground pepper, to taste

Directions: Wash hands with soap and water.

1. Place water in a saucepan and add rice, onion, and garlic.
2. Bring rice and water to boil and cover. Turn heat to low and cook in covered pot for 20 minutes.
3. Add black-eyed peas, turkey ham, and pepper. Continue cooking on low heat until rice is tender.