



Canned Black-Eyed Peas

Canned black-eyed peas provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Nutrition Information

Black-eyed peas are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, $\frac{1}{2}$ cup of canned black-eyed peas provide $\frac{1}{2}$ cup of vegetables from the vegetable group.

A typical person should aim to eat $2\frac{1}{2}$ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened black-eyed peas in a tightly covered plastic container in the refrigerator.

Use within 2 to 4 days!

Do not use canned black-eyed peas if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Serve black-eyed peas heated or combine with other vegetables for a healthy side dish.
- ✓ Add black-eyed peas to your salad for added nutrients.
- ✓ Add black-eyed peas to soups, stews, casseroles or main dishes.



Know how. Know **now**.



Recipes



Rice & Bean Chili

6 servings

1 medium green pepper, chopped	1 (15.5 oz.) can black-eyed peas, undrained
1 medium onion, chopped	1 (15.25 oz.) can whole kernel corn, drained
1 (28 oz.) can tomatoes diced, undrained	1 c. water
1 (15 oz.) can kidney beans, undrained	1 c. rice, uncooked
	1 tsp. garlic powder

1. Grease a 3 quart saucepan with cooking spray.
2. Sauté green pepper and onion until tender about 5 minutes.
3. Add tomatoes, kidney beans, black-eyed peas, corn, water, rice, and garlic powder. Stir.
4. Bring to a boil, reduce heat, and cover.
5. Simmer for 30 minutes, stirring occasionally.

Nutrition Information per Serving: Calories 320, Total Fat 1.5 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 460 mg (19% DV), Total Carbohydrate 63 g (21% DV), Dietary Fiber 9 g (36% DV), Sugars 10 g, Protein 12 g, Vitamin A 10%, Vitamin C 50%, Calcium 6%, Iron 15%.



Spicy Black Bean Salsa

30 servings

1 (15 oz.) can black-eyed peas, undrained	1 (4 oz.) can green chilies, diced
1 (15 oz.) can black beans, rinsed and drained	1 (14.5 oz.) can tomatoes diced, drained
1 (15 oz.) can whole kernel corn, drained	1 c. Italian dressing, fat-free
1 small onion, chopped	½ tsp. garlic salt
½ c. green pepper, chopped	tortilla chips (optional)

1. In a large bowl, mix all ingredients together.
2. Refrigerate for 2 to 4 hours.
3. Serve with tortilla chips.

Nutrition Information per Serving: Calories 40, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 280 mg (12% DV), Total Carbohydrate 8 g (3% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 2 g, Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 2%.

Recipes provide from the University of Nebraska-Lincoln Extension, Nutrition Education Program

Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>