

Healthy Black-Eyed Peas

1 (1 pound) bag dried black-eyed peas
1 large onion
 $\frac{1}{2}$ small green pepper
1 tablespoon vegetable oil
1 teaspoon salt
1 teaspoon pepper
5 cups water

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	54
Carbohydrate:	8 grams
Protein:	3 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	171 milligrams
Dietary fiber:	2 grams

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1. Soak beans overnight and drain. Place soaked beans in large pot.
 2. Chop onion and green pepper. Add to pot of beans. Cover and let stand about 20 minutes for peas to absorb flavors.
 3. Add oil, salt, and pepper; stir. Cover and let stand an additional 10 to 15 minutes for peas to absorb flavor.
 4. Add 5 cups water. Bring to a boil; lower heat and simmer, covered, 50 minutes to an hour or until tender.