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Collard Greens with Black-eyed Peas & Tomatoes

Source: Modified from the "Let's Get Cooking" Cookbook, United Way Success By 6, and Cornell Cooperative Extension of Onondaga County, page 141.

Serving size: 1 cup **Servings per recipe:** about 8

This dish is delicious and packed with nutrients. Add hot sauce or chilis to spice it up!

Ingredients

- 1 large bunch collard greens, chopped (about 4 cups)
- 1 large onion, chopped
- 1 green or red bell pepper, chopped
- 4 cloves garlic finely chopped
- 3 tablespoons olive oil
- 2 14-1/2-ounce cans crushed or diced tomatoes, low sodium
- 1 14-ounce can black-eyed peas
- 2 tablespoons maple syrup or brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon diced hot chilis, or hot pepper sauce to taste
- 1 teaspoon thyme
- 1 teaspoon black pepper

Materials

Sharp knife and cutting board, mixing bowls, measuring cups and spoons, large pot, mixing spoon

Directions

1. Wash collards, remove stems, and slice leaves into strips. Cut across strips to cut leaves into bite-size pieces.
2. Heat oil in a large pot over medium heat. Add bell pepper, onions and garlic, and cook for 3-4 minutes.
3. Stir in collards to coat with oil and cook for about 5 minutes, stirring regularly. (Add water if collards starts to stick to pot.)
4. Stir in tomatoes, cover and cook for another 10 minutes.
5. Add the black-eyed peas, maple syrup, cider vinegar, hot chilis, and spices--no salt needed!
6. Stir well, cover, and simmer on low heat until collards are tender.
7. Serve on a bed of brown rice.

Nutrition Facts

8 servings per container

Serving size 1 cup

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 22g 8%

Dietary Fiber 5g 18%

Total Sugars 9g

Includes 3g Added Sugars 6%

Sugar Alcohol 0g

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 208mg 15%

Iron 1.98mg 10%

Potassium 517mg 10%

Vitamin A 10%

Vitamin C 45%

Vitamin K 110%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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