



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Healthy Hoppin' John

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup of dried black-eyed peas
- 1 cup uncooked brown rice
- 1 teaspoon cayenne pepper
- 1 teaspoon pepper

Directions:

1. In a deep sauce pot, sauté onions and garlic in olive oil for 1 to 3 minutes, until translucent (do not brown).
2. Add dried black-eyed peas, salt, brown rice, and 4 cups of fresh water to the pot and bring to a boil.
3. Lower heat to simmer, and add the cayenne and black pepper. Cook for 45 minutes, covered, adding water as needed.

Serves 4

Nutrition: 248 calories, 5 g fat, 47 g carbohydrate, 6 g protein, 5 mg sodium

Source: Oldways