

A NEW YEAR'S TRADITION

black-eyed pea

In many cultures, black-eyed peas are often eaten on New Year's Day for good luck and prosperity. In the United States, black-eyed peas are also known as "Southern peas," "cowpeas" and "black eyes."



DID YOU KNOW?



- Although black-eyed peas are called a pea, they are actually considered to be a bean.
- Black-eyed peas have the ability to take nitrogen from the atmosphere and make it into fertilizer.
- Just ½ cup of black-eyed peas provides more than 20% of the daily recommended amount of fiber.
- Black-eyed peas are a good source of protein and iron.

WELLNESS TIP

Be sure to include a brief (5-10 minute) warm-up and cool-down period during every exercise session.

SHOPPING, PREPARING AND STORING



- Black-eyed peas are available dried, canned and frozen.
- Choose dried beans or canned beans with low or no sodium added. Select dried beans that are firm, dry, clean and uniform in color.
- Store dried beans at room temperature, in a closed container to protect from moisture and pests.
- Canned beans should be stored at room temperature and used before the date on the can.

COOKING TIPS



- Cooked black-eyed peas can be used cold in bean salads, soups, stews, casseroles and chili. They can also be served as a side dish.

BLACK-EYED MULLET

serves 4



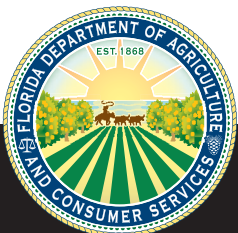
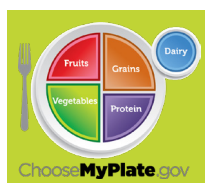
- 1 1/2 pounds black-eyed peas
 - 1/2 cup onion, diced
 - 1/2 cup green bell pepper, diced
 - 2 teaspoons garlic, minced
 - 1 teaspoon hot sauce
 - 1/2 teaspoon salt
 - 1/4 cup cider vinegar
 - 1/2 pound mullet, grilled or broiled, cut into bite-sized pieces
1. Place black-eyed peas in large saucepan. Cover with water; bring to a boil over high heat.
 2. Reduce heat to low. Simmer, covered, until peas are soft when pierced with fork, about 20-30 minutes. Drain and set aside.
 3. Mash the peas lightly, just until all are broken.
 4. Combine peas, onion, pepper, garlic, pepper sauce, salt and vinegar in a saucepan and cook over medium heat for 10 minutes.
 5. Reduce heat to low, add mullet and cook until heated through. Serve immediately as a side dish.

Recipe adapted from Chef Justin Timineri, C.E.C., Florida Department of Agriculture and Consumer Services

Calories: 236; Total Fat: 3 g; Saturated Fat: 1 g; Total Carbohydrates: 35 g; Protein: 17 g; Sodium: 344 mg

CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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