

Quick and Healthy Black-Eyed Peas

Rating: ★★ ★

Makes: 6 servings

Ingredients

- 4 slices** turkey bacon (chopped)
- 5 1/2 cups** black-eyed peas, frozen (about 2 pounds)
- 2 cups** water
- 1/4 teaspoon** black pepper
- 1 tablespoon** sugar

Directions

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

Food and Health Communications, Inc., Cooking Demo II, p.167

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	3 g	5%
Protein	17 g	
Carbohydrates	43 g	14%
Dietary Fiber	9 g	36%
Saturated Fat	0.5 g	3%
Sodium	200 mg	8%