

Hoppin' John

Makes: 4 Servings

This is an old favorite that uses dry black eyed peas.

Ingredients

- 2 cups** water
- 1 cup** rice (uncooked)
- 1/2 cup** onion
- 1 cup** black-eyed peas (cooked)
- 2 cloves** garlic (chopped)
- 8 ounces** Turkey ham (thawed and cut into cubes or regular cooked ham instead)
- pepper (to taste)

Directions

1. Place water in pot and add rice, onion, and garlic.
2. Bring rice and water to boil and cover; turn heat to low and cook in covered pot, for about 20 minutes.
3. Add black-eyed peas, turkey, and pepper. Continue cooking on low heat until rice is tender.

Notes

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

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	3 g	
Protein	16 g	
Carbohydrates	52 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	520 mg	