



Featured Recipe

Olson Women's Health Resource Center
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Hoppin' John - Black-Eyed Peas

Black-eyed peas are an affordable source of protein and a great source of fiber, they are low in fat and cholesterol too. Containing a good source of potassium, iron and magnesium, have them for a side or as a delicious main course. The thing that I love about this recipe is there are so many variations that you can try to fit your taste. Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS

- 4 tbsp. butter
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 green bell pepper, diced
- white or brown rice, to serve
- Kosher salt and pepper, to taste
- 2 stalks celery, diced
- 1 lb. dried black eyed peas
- 1 whole ham hock
- Cayenne pepper, to taste
- 2 tbsp. white vinegar
- 5 c. low-sodium chicken broth,
plus more as needed

INSTRUCTIONS

1. Soak the black-eyed peas in cool water for at least 6 hours. Rinse before using. Heat butter in a large pot over medium-high heat. Add the onion, garlic, green pepper, celery and stir. Cook for 3 to 4 minutes. Stir in the soaked beans, then add chicken broth and ham hock as well as salt, pepper and cayenne, to taste. Bring to a boil, then reduce the heat and cover the pot for 30 minutes.
2. After 30 minutes, check the liquid level; if it's too soupy, cook with the lid off for another 15 minutes or so. If it's too thick, splash in a little more broth. Stir in vinegar, then taste for seasoning. Add more spice if needed. Serve over white or brown rice, make sure to get plenty of the cooking liquid spooned over the top. Or, you may mix the bean mixture with the rice before serving.
3. Variations: Add red bell pepper, canned diced tomatoes, diced jalapenos, diced ham (instead of ham hocks), or sliced bacon (instead of ham hocks). Stir in torn-up kale when 5 minutes of cooking time remains. You can also use canned, drained black-eyed peas if preferred. Just use diced ham instead of ham hock and a little less broth, as peas won't need to cook as long. Enjoy!

Prep Time: 6 hours

Cook Time: 1 hour

Servings: 10 servings

Total Time: 7 hours

NUTRITION

Calories: 170 Cal

Carbohydrates: 28g

Fat: 4g

Protein: 6g

Dietary Fiber: 1g

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

