



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Blackeye Peas

Did you know?

Blackeye peas are available all year long!

Blackeye peas are a good source of Vitamin A and folate!

Blackeye peas also contain high levels of protein.

Fun Fact!

Tradition says to eat blackeye peas on New Year's Day to bring good luck!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for peas with bright pods that are firm and plump.
- Dried peas shouldn't be kept for more than a year.
- Wash peas well before use.
- Avoid peas with tough pods or pods that are flimsy.

Cold Black-Eyed Peas and Corn

1 (15 ounce) can black-eyed peas, drained
1 (15.25 ounce) can whole kernel corn, drained
1 (4 ounce) jar pimento peppers, drained
1/4 onion grated
2 cloves garlic, minced
1 tablespoon bottled Italian dressing
1/2 teaspoon ground coriander
1/4 teaspoon dried cilantro

Mix black-eyed peas, corn, pimento pepper, onion, garlic, Italian dressing, coriander, and cilantro in a large bowl until well combined.

Preparation time: 10 minutes

Cook time: 0 minutes

Serves: 4

Nutrition Facts:

Calories: 190

Total Fat: 1.5 g

Cholesterol: 0 mg

Sodium: 340 mg

Total Carbohydrate: 36 g

Protein: 6 g

<http://www.allrecipes.com/recipes>

Name that vegetable!



MRMEUS

SAHUSQ



WNE OTASPETO
