Black-Eyed Peas

One of the oldest crops to be farmed, this legume is popular for its drought tolerance and strong source of protein and iron.

More than a traditional New Year's Eve side dish

Protein

One cup of black-eyed peas provides us with 14 grams of protein.

Iron is a component of red blood cells that transports oxygen to our tissues and helps energize our cells.

A diet low in iron can lead to anemia, which can cause fatigue.

Proteins are the building blocks of life, providing us the ability to grow and repair tissue in our body.

Proteins are made up of organic compounds called amino acids.

The human body uses 22 amino acids that exist in nature.

The human body can naturally produce all but nine amino acids which can be obtained by eating foods that contain them such as black-eyed peas.

Iron

One cup of black-eyed peas contains 20% of your daily iron needs.
Moroccan Black-Eyed Peas

Ingredients:

- 1 1/2 cups black-eyed peas (cowpeas), canned with liquid removed or soaked
- 2 tomatoes, grated
- 1 large onion, sliced
- 3 cloves of garlic, finely chopped or pressed
- 4 tablespoons chopped fresh or dried cilantro
- 1 1/2 to 2 teaspoons ground cumin
- 1 1/2 to 2 teaspoons sweet paprika
- 1 teaspoon ginger
- 1/4 teaspoon cayenne pepper
- 1/4 cup olive oil
- Salt to taste

Directions:

1. Drain the soaked black-eyed peas, then mix them with the remaining ingredients in a pot. Add 3 1/2 to 4 cups of water and bring to a simmer.
2. Cover and simmer the black eyed peas over medium heat for an hour or longer, until the beans are tender and sitting in a reduced, but ample rich sauce. Check the water level occasionally during the cooking, adding a little more if necessary. Adjust the seasoning if desired, and serve.

Recipe adapted from thespruce.com.