



Recipe Spotlight



Black-Eyed Peas with Herbs and Vegetables

INGREDIENTS MAKES 6 SERVINGS

1 1/2 cups dry black-eyed peas, sorted and rinsed
6 cups water
4 cloves garlic, crushed
6 sprigs fresh thyme
2 sprigs fresh rosemary
1 teaspoon salt
4 medium carrots, peeled and cut into 1/2" dice
1/2 pound rutabaga, peeled and cut into 1/2" dice
1/2 pound parsnips, peeled and cut into 1/2" dice
1 tablespoon olive oil
1/2 teaspoon salt
Black pepper, to taste
1 tablespoon olive oil
1 medium red onion, diced
2 teaspoons fresh lemon juice
Salt and pepper, to taste
1/4 cup chopped fresh parsley

Ring in the New Year with food that brings good luck and reduces the waistline. Black-eyed peas, seasoned with fresh herbs and mixed with seasonal root vegetables, make an excellent one-pot dish.

PREPARATION

Preheat oven to 400 degrees. Combine black-eyed peas with water, garlic, thyme and rosemary in saucepan. Cover, bring to a boil and add 1 teaspoon salt. Reduce heat and simmer, partially covered, until peas are tender, about 40 minutes.

Meanwhile, toss carrots, rutabaga and parsnips with 1 tablespoon olive oil, 1/2 teaspoon salt and black pepper. Spread vegetables on baking sheet and roast about 40 minutes, or until tender, stirring every 15 minutes.

Heat remaining 1 tablespoon olive oil in skillet over medium heat. Add onion and cook, stirring often for about 8 minutes or until softened. Add onions to black-eyed peas. Stir in roasted vegetables and simmer, partially covered for 10 minutes.

Remove herb sprigs. Stir in lemon juice; season with salt and pepper to taste. Sprinkle with parsley. Serve with green salad and crusty bread.