

# Collard Greens with Black-eyed Peas & Tomatoes

This dish is delicious and packed with nutrients. Add hot sauce or chilis to spice it up!

Makes: 8 servings  
Prep Time: 30 minutes

Source: [cornell.edu](http://cornell.edu) Lets Get Cooking 2012

### Ingredients

- 1 large bunch collard greens, chopped (about 4 cups)
- 1 large onion, chopped
- 1 green or red bell pepper, chopped
- 4 cloves garlic finely chopped
- 3 tablespoons olive oil
- 2 (14.5 oz) cans crushed or diced tomatoes, low sodium
- 1 (14 oz) can black-eyed peas
- 2 tablespoons maple syrup or brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon diced hot chilis, or hot pepper sauce to taste
- 1 teaspoon thyme
- 1 teaspoon black pepper

### Directions

1. Wash collards, remove stems, and slice leaves into strips. Cut across strips to cut leaves into bite-size pieces.
2. Heat oil in a large pot over medium heat. Add bell pepper, onions and garlic, and cook for 3-4 minutes.
3. Stir in collards to coat with oil and cook for about 5 minutes, stirring regularly. (Add water if collards starts to stick to pot.)
4. Stir in tomatoes, cover and cook for another 10 minutes.
5. Add the black-eyed peas, maple syrup, cider vinegar, hot chilis, and spices--no salt needed!
6. Stir well, cover, and simmer on low heat until collards are tender.
7. Serve on a bed of brown rice.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	283
Total Fat:	8.5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	393 mg
Total Carbohydrates:	46 g
Dietary Fiber:	5 g
Total Sugars:	10 g
Protein	8 g

### Utensils Needed

- Sharp knife
- Cutting board
- Mixing bowls
- Measuring cups and spoons
- Large pot
- Mixing spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$13.77

Average cost/serving: \$1.72

Recipe Makes: About 8 Servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Garlic, bulb



Add 1 to Cart  
Apple Cider Vinegar



Add 1 to Cart  
1 Large Onion



Add 1 to Cart  
Blackeye peas, 15 oz



Add 1 to Cart  
Collard greens, 1 bunch



Add 2 to Cart  
Diced Tomatoes, Canned  
14.5 oz



Add 1 to Cart  
Medium Bell Pepper



Add 1 to Cart  
Diced Green Chilies, Canned  
4oz



Add 1 to Cart  
Light Brown Sugar, 32 oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- If you can not find collard greens, substitute with kale, spinach or swiss chard

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](https://snapedny.org), such as:
  - Collards and Cranberries
  - Black-eyed Pea and Collard Greens Soup