

Stewed Black Eyed Peas

Makes 6 servings

1/2 lb dried black eyed peas
1/2 lb kale, coarsely chopped
1 large yellow onion, diced
2 stalks celery, diced
4 cloves garlic, minced
2 Tbsp olive oil
2 bay leaves (optional)
2-3 sprigs of thyme (optional)
1 (14 oz) can diced tomatoes, or 1-2 fresh tomatoes, diced
1 tsp smoked paprika
Salt, pepper, cayenne to taste
4 cups water or low-sodium stock

Soak your peas:

Overnight soak: Place peas in a large pot and cover with about 4 inches of water. Soak the peas overnight, then drain the water and rinse.

Quick soak: Place peas in a large pot covered by 2 inches of water, bring to a boil for 2 minutes, remove from the heat, cover and let sit for one hour. Drain the water and rinse.

In a large pot, heat oil over medium-high heat. Add onions, garlic, celery. Cook, stirring occasionally, until onions are translucent and a bit brown.

Add soaked beans, water or stock, paprika, thyme and bay leaves. Bring to a boil, then reduce to simmer. Cover and cook until peas are soft (25-40 minutes). Add more hot water if necessary.

Add the tomatoes and chopped kale and cook for an additional 5 minutes until kale is wilted. Season with salt, pepper to taste. Serve warm.

*Recipe can be made in a slow cooker!

Cornmeal Crusted Potatoes & Okra

1/3 cups cornmeal
1 tsp salt
1/4 tsp black pepper
Dash cayenne pepper or paprika*
8 oz fresh okra, sliced into 1/4 inch pieces
2 medium sized potatoes, diced into 1/2 inch cubes
2 tbsp. olive oil

Preheat oven to 400 degrees.

Combine cornmeal and spices in a small bowl. Toss the pieces of okra and potato with olive oil, then with the cornmeal mixture to coat completely.

Bake for 15-20 minutes until tender and crispy.

*add any spices that you desire!



Easy Garlic “Aioli”:

1 tbsp finely minced fresh garlic
1 cup plain Greek-style yogurt
1 tbsp. lemon juice
3 tbsp olive oil

Whisk everything together. Season with salt & pepper.

*add a dash or two of hot sauce for an extra kick or chopped up herbs for more flavor!