



Blackeye Peas





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SHOPPER'S TIPS

- Look for dried blackeye peas that are uniform in size and color. When selecting frozen or canned blackeye peas, choose low-sodium varieties.
- Avoid damaged packages with expired use-by dates.

FUN FACTS!

- Blackeye peas originated in Africa and are one of the most ancient vegetables.
- Although they are a Southern favorite, more blackeye peas are grown in California than in any other state.

WHAT IS IN IT FOR YOU?

One cup of cooked blackeye peas is:

- An excellent source of fiber, iron, vitamin K, thiamin, folate, and magnesium.
- A source of zinc and potassium.

SERVING IDEAS

- Sauté boiled blackeye peas with some of the remaining cooking liquid, chopped onions, and bell peppers for a warm side dish.
- Mix a can of low-sodium blackeye peas with a chopped tomato and a chopped mango. Season with some cumin, garlic powder, and a tablespoon each of vegetable oil, white wine vinegar, and lime juice. Serve with baked chips or grilled chicken.

PEAK SEASON

Available year round.

STORAGE

If loose, store dried peas in an airtight container in a cool, dry, dark place for up to one year.