

Simmered Collard Greens with Black-Eyed Peas

DAIRY-FREE • EGG-FREE • GLUTEN-FREE • NUT-FREE • SOY-FREE • VEGAN

Something about collard greens and black-eyed peas makes them a great match. These little white beans—always with a prominent black spot, hence their name—have a rich taste that pairs perfectly with the mild greens. Apparently, it's even an old Southern tradition to eat collard greens with black-eyed peas on New Year's Day for good luck. You definitely don't have to wait until the new year to make this meal, and although I can't guarantee it'll bring good luck, I can promise it will satisfy.

SERVES 4

PREP TIME: 15 minutes

COOK TIME: 45 minutes

- 1 tablespoon extra-virgin olive oil
- 1 medium white onion, chopped
- 1 tablespoon minced garlic
- 4 ribs celery, thinly sliced
- 12 ounces collard greens, stems trimmed and greens cut into 1-inch pieces
- 1 cup low-sodium vegetable broth
- 2 (15-ounce) cans low-sodium black-eyed peas, drained and rinsed
- ¼ teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. In a large saucepan, heat the olive oil over medium-high heat. Add the onion, garlic, and celery, and cook for 4 to 5 minutes, until tender.
2. Add the collard greens and stir to coat with onion mixture. Add the vegetable broth and bring to a boil. Reduce to a simmer and cook, partially covered, for at least 30 minutes until flavors meld.
3. Add the black-eyed peas, cayenne, and apple cider vinegar, and cook for 10 more minutes, until heated through. Season with the salt and pepper, and serve.

PER SERVING: CALORIES: 330 • TOTAL FAT: 5G • TOTAL CARBS: 54G • FIBER: 14G • SUGAR: 1G • PROTEIN: 19G • SODIUM: 180MG