

Black-eyed Peas and Sweet Corn

8 serving @ 2 points, 3 pointsplus

Ingredients:

1 cup dried black-eyed peas, picked over and rinsed, soaked overnight, and drained

3 cups water

1/2 teaspoon salt

1 tablespoon olive oil

1/2 yellow onion, chopped

1/2 green bell pepper, seeded and chopped

1 cup fresh corn kernels, cut from about

2 ears of corn

1 tomato, seeded and diced

1 clove garlic, minced

Grated zest and juice of 1 lime

1 tablespoon white wine vinegar or sherry vinegar

3 tablespoons chopped fresh cilantro or fresh coriander

1/4 teaspoon freshly ground black pepper

Directions:

In a large saucepan over high heat, combine the peas, water and 1/4 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the peas are tender, about 45 minutes. Drain the peas, rinse with cool water, drain again and transfer to a large bowl to cool. In a large nonstick saute or frying pan, heat the olive oil over medium-high heat. Add the onion and bell pepper and saute until softened, about 4 minutes. Add the corn, tomato and garlic and saute until the tomato is softened and the corn is tender-crisp, about 4 minutes. Add the corn mixture to the peas along with the lime zest and juice, vinegar, cilantro, the remaining 1/4 teaspoon salt and the pepper. Toss to mix. Serve immediately, or cover and refrigerate for up to 2 days.



Nutritional Analysis(per serving) Calories 112 Monounsaturated fat 1 g Protein 6 g Cholesterol 0 mg
Carbohydrate 18 g Sodium 298 mg Total fat 2 g Fiber 5 g Saturated fat < 1 g