

Black Eyed Pea Spread

U.S.

1 cups	Black Eyed Peas, dried
1 clove	Garlic, fresh
1 Tbsp	Pecans, toasted
1 Tbsp	Olive Oil
1 Tbsp	Lemon Juice
1 Tbsp	Parsley, fresh
1/8 tsp	Salt
8 cups	Water

Metric

113 g
3 g
15 g
15 mL
15 mL
4 g
0.75 g
1900 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place the garlic and olive oil in aluminum foil, close the aluminum foil, and place it in the oven for approximately 45 minutes.
4. Place a pot of water on the stove over medium heat. Add the dried black eyed peas and let the water come to a boil.
5. Reduce the heat until the water is at a simmer and allow the beans to cook for 20-25 minutes.
6. Once tender, strain the black eyed peas into a colander and allow them time to cool, approximately 10-15 minutes.
7. Once cooled, add the black eyed peas to a food processor.
8. Remove the roasted garlic from the oven and place it in the food processor with the peas. Add the remaining ingredients and blend thoroughly. Adjust seasoning accordingly and set aside.

****Nutrition Facts on Reverse**

Nutrition Facts

15 Servings

Serving size **1 ounce**

Amount per serving

Calories **15**

Calories from Fat 10

Total Fat 1.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 0 mg

Sodium 110 mg

Total Carbohydrate 4 g

 Dietary Fiber 1 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 5 mg

Phosphorus 2 mg
