

Black-Eyed Peas and Kale

1 Tbsp. olive oil
2 cloves garlic, chopped
1 medium onion, chopped
1 15-oz. can diced tomatoes
1 15-oz. can black-eyed peas, drained
¼–½ tsp. cayenne
1 bay leaf
1 10-oz package frozen kale, thawed
salt and pepper to taste

Sauté the onion and garlic in the oil over medium heat for several minutes. Add tomatoes and their juice, peas, cayenne and bay leaf and simmer, covered, for 15 minutes.

Add kale and simmer, uncovered, until kale is tender but still green, 5–10 minutes. Season to taste with salt and freshly ground black pepper.

4 servings

Per serving: 210 calories; 10g protein; 4g fat; 34g carbohydrate; 0mg cholesterol

Source: original recipe Nov 2002