



Hoppin' John

1 tablespoon extra-virgin olive oil
2 celery stalks, chopped
1 large onion, chopped
1 medium-size red pepper, chopped
2 garlic cloves, minced
One 16-ounce package dry black-eyed peas
2 ounces fat-free turkey sausage, sliced then quartered (optional)
Two 13 ³/₄ to 14 ¹/₂-ounce cans low sodium chicken broth
¹/₄ teaspoon crushed red pepper
1 bay leaf
¹/₂ teaspoon salt
3 cups instant brown rice
Chopped parsley for garnish

In 4-quart saucepan over medium-high heat, heat olive oil. Add celery, onion, and red pepper; cook 10 minutes until golden. Add garlic; cook 2 minutes longer.

Rinse peas with running cold water and discard any stones or shriveled peas. Add peas, sausage, chicken broth, crushed red pepper, bay leaf, salt, and 4 cups water to celery mixture. Bring to a boil over high heat. Reduce heat to low; cover and simmer 40 minutes or until peas are tender.

Meanwhile, prepare rice as label directs.

Serve black-eyed peas over rice.

Serves 12. *Per serving: 227 calories, 3 grams fat, 42 grams carbohydrate, 143 mg sodium, 3 mg cholesterol, 6 grams fiber.* Adapted from *Good Housekeeping*.

Black-eyed peas are traditionally served on New Year's Day for good luck. Linda Murray, our own [Heart Path](#) nurse, tested this recipe last New Year's and gave it a thumbs up. Thanks Linda, and Good Luck!

Your Partners in Health,
Candace and Lucy