

## USA: Southern-Style Black-eyed Peas – serves 8

3 1/2 cup Fresh black-eyed peas or Frozen, thawed  
3 cup Chicken stock or canned low-salt broth  
4 oz Ham, finely diced  
1 each Yellow onion, diced  
2 Tbs. Balsamic vinegar or red wine vinegar  
3 each Garlic cloves, minced  
1 each Bay leaf  
1/2 tsp Dried thyme, crumbled  
1/4 tsp Dried crushed red pepper

1. Bring all ingredients to boil in heavy large saucepan. Reduce heat and simmer until peas are tender, stirring occasionally, about 45 minutes. Season to taste with salt and pepper.

**Per serving:** 290 Calories; 3g Fat (9.7% calories from fat); 24g Protein; 47g Carbohydrate; 8g Dietary Fiber; 8mg Cholesterol; 214mg Sodium.

**Diabetic exchanges:** 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat