

# Black-Eyed Peas with Ham and Swiss Chard

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*Black-eyed peas don't have to be just for New Year's Day and I think of ham as a more healthful alternative than bacon to get that smoky flavor. Of course, you can leave out the ham and go vegetarian if that's your thing. I added some fresh swiss chard and loved this dish from the minute I tasted it. In only 18 minutes you can have a fresh dish on the table that you will love.*

|                  |   |               |                          |
|------------------|---|---------------|--------------------------|
| 1 bunch          | Swiss chard, destalked and chopped (about 8 cups) | 2 cloves      | garlic, minced           |
| 2 11-oz packages | black-eyed peas                                   | 1 teaspoon    | balsamic vinegar         |
| 2 Tablespoons    | olive oil (optional)                              | 1 teaspoon    | red wine vinegar         |
| 1 cup            | ham, diced  | 1 pinch       | black pepper to taste    |
| ½ large          | onion, diced                                      | 2 Tablespoons | Italian parsley, chopped |

- 1 Remove leaves from Swiss chard stems. Chop stems into 1/4" pieces. Drain black-eyed peas in a strainer and rinse.
- 2 Cook ham, onion and chopped Swiss chard stems in a skillet on medium heat until onion is translucent, about 8 minutes. Drizzle in olive oil if necessary to prevent from sticking.
- 3 Stir in minced garlic, then add black-eyed peas, Swiss chard leaves, vinegars and stir. Heat for about 5 minutes or until warmed through and Swiss chard leaves just begin to wilt. Add fresh ground pepper to taste and garnish with parsley. Serve while still warm.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 13 minutes

Total Time: 18 minutes

## Nutrition Facts

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Nutrition (per serving): 236 calories, 85 calories from fat, 9.6g total fat, 19.3mg cholesterol, 1030.3mg sodium, 724.3mg potassium, 22.4g carbohydrates, 5.9g fiber, 1.9g sugar, 16.5g protein.

## Source

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