

## BLACK-EYED PEAS AND RICE

1 c. dry black-eyed peas  
Water  
1/2 c. diced lean cooked ham (or Canadian style bacon)  
1 chopped onion  
1/2 c. chopped green bell pepper  
1 clove garlic, minced  
Salt, coarsely black pepper, to taste  
2 bay leaves  
Generous dash red cayenne pepper (or Tabasco sauce)  
3 c. cooked rice

Wash black-eyed peas. Add 5 cups boiling water; boil 3 minutes. Cover and set aside 1 to 4 hours. Rinse and drain peas thoroughly. Spray pan with cooking spray. Brown diced ham. Add onion, bell pepper and garlic. Saute until onion is tender. Add peas, 2 cups water and seasonings. Cover and simmer 40 to 50 minutes or until beans are tender. Remove bay leaves; stir in rice. Continue simmering about 10 minutes or until all liquid is absorbed. Makes 6 servings, 180 calories each.

<http://www.cooks.com/rec/doc/0,1750,151181-237201,00.htm>