

Indian Black-Eyed Peas with Collard Greens

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/collard-green-indian-recipe>

Ingredients:

- 1 cup black-eyed peas dried
- 1 pound collard greens
- 2 tablespoons ghee butter, or canola oil
- 2 tablespoons ginger finely chopped
- 4 cloves garlic finely chopped
- 2 teaspoons garam masala
- 1 teaspoon kosher salt or 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground cayenne pepper
- 14 1/2 ounces diced tomatoes with their juice

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 510 milligrams
7. Sugar: 3 grams

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