

# Black-Eyed Peas with Spinach

Yield: 5 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/black-eyed-peas-with-spinach-greek-recipe>

## Ingredients:

- 1 onion small, diced
- 1 teaspoon salt plus more to taste
- 2 small tomatoes diced
- fresh flat leaf parsley A handful chopped
- lemons A couple, cut into quarters
- 1 1/2 cups black eyed peas soaked overnight
- 6 cups spinach leaves firmly packed
- extra-virgin olive oil to serve

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 22 grams
3. Fat: 4.5 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 510 milligrams
8. Sugar: 2 grams

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