

# New Year's Black eyed Peas & Greens

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-new-year-s-black-eyed-peas-recipe>

## Ingredients:

- 1 peas ¼cups Black-eyed
- 2 bay leaf
- 2 tablespoons red wine vinegar
- 4 cups kale stems removed and chopped, I used a mix of baby kale, chard and spinach
- 2 tablespoons lemon juice divided
- 2 tomatoes Large, chopped
- 2 tablespoons olive oil
- 4 green onions thinly sliced
- 1 cup fresh parsley chopped
- 1 tablespoon fresh oregano finely chopped
- salt
- pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 11 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 3 grams

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