START STRONG

The Night Before: Rinse the black eyed peas and throw out any grit or beans that don't look like the rest. Put the peas in a large bowl and cover them with 3 inches of water. Cover the bowl with a lid or plastic wrap and let them soak overnight.

HOW DO I EAT IT?

You can eat these separately or cut the sweet potato and top with black eyed peas and collards. Enjoy!

Roast the Sweet Potatoes

- Preheat your oven to 400 degrees F
- Clean the sweet potatoes of any visible dirt under cold running water
- Carefully make holes on top of the sweet potato with a fork or a knife
- Place sweet potatoes on a baking sheet and cook for at least 45 minutes or until sweet potato is tender TIP: Microwave on high for 3-5 minutes (depending on size of potato
- You will know the sweet potato is tender when you can take the back of a spoon and easily make a dent in the potato

Prepare Your Ingredients

- Drain the black eyed peas that have been soaking overnight and set aside
- Cut the small onion into pea sized pieces
- Cut the celery into pea sized pieces
- Gather your spices – ¼ tsp salt, ½ tsp ground allspice, ½ tsp ground nutmeg, and ½ tsp smoked paprika
- Cut 3 garlic cloves into very tiny pieces (about half the size of the onion and celery)
- Cut the chipotle peppers into pea sized pieces

Cook the Black Eyed Peas

- Heat 2 tsp olive oil in a large pot
- Add onion and cook for 5 minutes
- Add celery and cook for 2 minutes
- Add salt and spices and cook for 30 seconds
- Add garlic and chipotle peppers and cook for 30 seconds
- Place the drained black eyed peas and 3 cups of vegetable broth into the pot and bring to a slow boil.
- Let it cook uncovered until the peas are tender anywhere from 30 to 60 minutes

Make the Collards

- Rinse the collards under cold running water to remove all dirt
- Remove the tough stems and slice the greens into strips
- Heat 1 tsp of olive oil in skillet
- Add the greens and toss into oil until all leaves have a little oil on it. Heat for about 30 seconds
- Cut the lemon in half and squeeze juice into small bowl
- Cut 2 garlic cloves into very tiny pieces. Add to bowl with lemon juice, add 1 tsp soy sauce and stir
- Empty seasoned lemon mixture into pot with collards and allow them to wilt. Once all the greens are wilted, turn off the heat and serve. If you prefer the greens to be a bit softer, continue to cook longer to your preference.

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Smoky Black-Eyed Peas with Roasted Sweet Potatoes and Collards

INGREDIENTS YOU WILL NEED

1 ½ cups dried black-eyed peas
4 sweet potatoes
3 tsp olive oil
1 onion
3 ribs celery
¼ tsp salt
½ tsp allspice
½ tsp ground nutmeg
½ tsp smoked paprika
5 cloves garlic
3 chipotle peppers in adobo sauce
3 cups vegetable broth
1 bunch collard greens
1 lemon
1 tsp soy sauce

WHAT EQUIPMENT DO I NEED

Can Opener
Small Sauce pan
Baking Sheet Pan
Skillet
Knife
Cutting Board
Bowl
Measuring Spoons

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