A Kansas SNAP-Ed EZ Does it Recipe

Hoppin' John

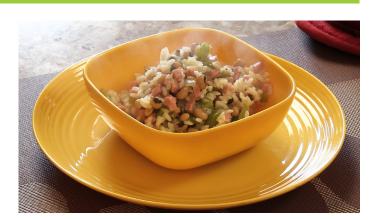




Servings: 6

Ingredients:

- 2 tablespoons olive oil
- 1 green bell pepper, chopped
- 2 celery ribs, chopped
- 1 medium onion, diced
- 1 cup uncooked long-grain rice
- 2 cups water
- ¼ teaspoon salt
- ½ to 1 teaspoon cayenne pepper
- ½ teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 2 cups cooked ham, cubed
- 1 can (15 ounces) low-sodium black-eyed peas, rinsed and drained



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

- 1. Saute pepper, celery and onions in olive oil until almost tender.
- **2.** Add rice, water and seasonings. Cover and simmer 10 minutes.
- **3.** Add peas and ham. Add more water if needed. Cover and simmer 10 minutes longer.

Nutrition Facts: Each serving provides 310 Calories, 8g Total Fat, 1.5g Saturated Fat, 700mg Sodium, 45g Total Carbohydrate, 2g Dietary Fiber, 14g Protein





