



Weekly Recipe Challenge

Black-Eyed Peas with Pork & Greens *(courtesy of EatingWell)*

This boldly flavored spin on Hoppin' John replaces salt pork or bacon with lean pork chops. Plus we've added greens—in this case kale—a traditional accompaniment with the dish. Serve with cornbread.

6 servings (2 Carbohydrate Serving), **about 1 1/3 cups each** | **Active Time:** 30 minutes | **Total Time:** 45 minutes



Ingredients

- 1 pound boneless pork chops, trimmed, cut into 1/2-inch pieces
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 tablespoons tomato paste
- 1 cup instant brown rice
- 8 cups roughly chopped kale leaves, (about 1 small bunch), tough stems removed
- 4 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth
- 2 tablespoons cider vinegar, or sherry vinegar
- 1/2 teaspoon smoked paprika, preferably hot
- 1 15-ounce can black-eyed peas, rinsed



Instructions

1. Toss pork with 1/4 teaspoon salt and pepper.
2. Heat oil in a large nonstick skillet over medium heat. Add the pork and cook, stirring, until just cooked through, 4 to 6 minutes. Transfer to a bowl with a slotted spoon.
3. Add onion, tomato paste and rice to the pan and cook until the onion softens, about 4 minutes.
4. Add kale and garlic and cook until the kale begins to wilt, 1 to 2 minutes.
5. Stir in broth, vinegar, paprika and the remaining 1/4 teaspoon salt.
6. Bring to a boil. Cover, reduce heat and simmer until the rice is done, 15 to 20 minutes.
7. Stir in the reserved pork and black-eyed peas and heat for 1 minute.



Nutritional Information *(per serving)* **Exchanges:** 1 1/2 starch, 1 vegetable, 2 lean meat, 1/2 fat

- **Calories** 281
- **Carbohydrates** 32g (Fiber 5g)
- **Cholesterol** 45mg
- **Fat** 8g (Saturated Fat, 2g; 3g Monounsaturated)
- **Sodium** 405mg
- **Potassium** 740mg
- **Protein** 22g