



Black-Eyed Pea Risotto with Bacon and Southern Greens

 Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice
- ☐ 8 ounces black-eyed peas dried cooked
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter
- ☐ 2 celery stalks diced
- ☐ 2 quarts chicken stock see hot
- ☐ 3 cups collard greens cleaned sliced (1 bunch)

- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon jalapeno fresh diced seeded
- ☐ 12 servings kosher salt and cracked pepper fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons olive oil extra-virgin for "dressing"
- ☐ 1 tablespoon parmesan
- ☐ 3 tablespoons parmesan freshly grated
- ☐ 4 tablespoons red wine vinegar for "dressing"
- ☐ 12 servings salt and freshly cracked pepper
- ☐ 1 teaspoon serrano chile fresh diced seeded
- ☐ 3 cups swiss chard cleaned sliced (1 bunch)
- ☐ 6 slices center cut bacon cooked cut into 1/2-inch pieces, reserve 2 tablespoons bacon fat
- ☐ 1 cup onion diced yellow

Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

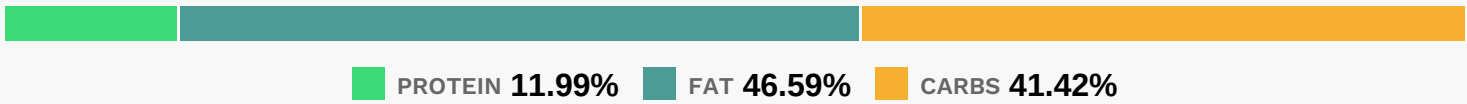
Directions

- ☐ Place peas in a pot and put enough cold water to cover beans. Soak for one hour. Then bring to a boil. Lower heat and simmer until fully cooked, about one hour.
- ☐ In a large Dutch oven, heat olive oil and 1 tablespoon butter, add onions, celery and peppers, when translucent and just starting to caramelize, add in garlic and saute briefly, add in rice and saute, stirring frequently to coat kernels with the oil for 2 minutes. Slowly start adding in the hot chicken stock 1 cup at a time, stirring constantly on medium-low heat. Continue this method until chicken stock remaining is about 1 cup and check for the consistency of the rice. It should be creamy with a tiny bit of resistance to the grain. Turn off heat, drain peas well, and slowly fold into risotto, adding the 2 tablespoons of remaining butter, Parmesan and salt and pepper, to taste. If risotto is too thick, gently stir in the remaining chicken stock to

desired consistency.

- ☐ Heat reserved bacon fat in a saute pan, stir in greens, allowing them to wilt, when almost wilted, add in 4 tablespoons vinegar, when wilted, add in bacon, zest and salt and pepper to taste.
- ☐ Place risotto on serving plate(s) and top with the Southern Greens, dress with reserved tablespoon of vinegar and the extra-virgin olive oil.
- ☐ Garnish with a sprinkle of Parmesan.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:22.37, Inflammation Score:-8, Nutrition Score:17.256956538428%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 374.54kcal (18.73%), Fat: 19.23g (29.59%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 35.5g (12.91%), Sugar: 3.91g (4.35%), Cholesterol: 30.29mg (10.1%), Sodium: 819.95mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin K: 118.42µg (112.78%), Folate: 140.54µg (35.13%), Manganese: 0.56mg (27.84%), Vitamin B3: 4.83mg (24.14%), Vitamin A: 1193.57IU (23.87%), Vitamin B1: 0.35mg (23.22%), Selenium: 13.34µg (19.05%), Phosphorus: 154.23mg (15.42%), Iron: 2.6mg (14.44%), Vitamin B6: 0.27mg (13.57%), Vitamin B2: 0.21mg (12.22%), Copper: 0.24mg (12.1%), Fiber: 2.97g (11.87%), Vitamin C: 9.15mg (11.09%), Potassium: 363.49mg (10.39%), Magnesium: 38.65mg (9.66%), Vitamin E: 1.41mg (9.42%), Zinc: 1.18mg (7.85%), Vitamin B5: 0.68mg (6.84%), Calcium: 62.54mg (6.25%), Vitamin B12: 0.12µg (2%)