

SIDE DISH

Greek Black-Eyed Peas and Greens

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.84	205 kcal

If you want to add more gluten free and lacto ovo vegetarian recipes to your recipe box, Greek Black-Eyed Peas and Greens might be a recipe you should try. This side dish has 205 calories, 10g of protein, and 10g of fat per serving. This recipe serves 6.

Ingredients

- ☐ 6 ounces cups trimmed arugula (about
- ☐ 8 ounces 1/4 cups dried black-eyed peas (about
- ☐ 14½ ounce petite diced tomatoes, undrained
canned
- ☐ 2 tablespoons extravirgin olive oil
- ☐ 4 garlic cloves, minced
- ☐ ¾ teaspoon salt
- ☐ 6 ounces cups baby spinach (about
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1 cup finely chopped celery
- ☐ 4 ounces cup crumbled feta cheese
- ☐ 2 cups finely chopped onion
- ☐ 8 ounces cups torn Swiss chard (about

EQUIPMENT Frying pan, Sauce pan, Dutch oven

Method

- 1

Sort and wash peas.
- 2

Place peas in a large saucepan; cover with water to 2 inches above peas. Bring to a boil; drain. Return peas to pan; cover with water to 2 inches above peas. Bring to a boil. Reduce heat to medium; cook 30 minutes or just until tender.
- 3

Drain.

- 4 Heat oil in large Dutch oven over medium heat.
- 5 Add onion, celery, and garlic; cook 6 minutes or until tender, stirring occasionally. Stir in the chard, spinach, arugula, salt, pepper, and tomatoes. Cover and cook 20 minutes or until tender, stirring occasionally. Stir in peas; cover and cook 15 minutes. Stir in cheese; cook 5 minutes or until cheese melts, stirring occasionally.

Nutrition per serving			
	205 KCAL	10 g PROTEIN	10 g FAT
Saturated Fat			23 g CARBS
Fibre			3.3 g · 21% of daily needs
Sugar			6.7 g · 27% of daily needs
Sodium			7.9 g · 9% of daily needs
Cholesterol			725 mg · 32% of daily needs
Vitamin C			16.8 mg · 6% of daily needs
			35.1 mg · 43% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/greek-black-eyed-peas-and-greens-148607