



## Sea Island Red Peas with Celery Leaf Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups black-eyed peas dried red
- ☐ 0.5 cup celery plus finely chopped
- ☐ 0.5 cup celery leaves from inner stalks
- ☐ 2 tablespoons chives thinly sliced
- ☐ 1 teaspoon coriander seeds
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 1 bay leaf fresh
- ☐ 2 garlic cloves

- ☐ 1 teaspoon kosher salt plus more
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.5 cup onion finely chopped
- ☐ 10 servings freshly cracked peppercorns black
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 6 sprigs thyme leaves
- ☐ 1 tablespoon butter unsalted

## Equipment

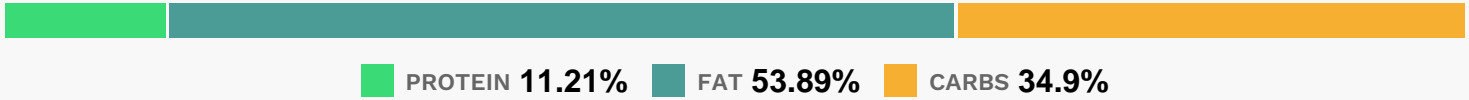
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ rolling pin
- ☐ cutting board

## Directions

- ☐ Place peas in a medium pot; cover with 6 cups water; let soak for 3 hours or overnight.
- ☐ Bring water with peas to a boil (do not drain); boil for 15 minutes. Reduce heat to medium; gently simmer, adding water by 1/2-cupfuls as needed to keep peas covered, until peas are tender but still hold their shape, 20–25 minutes.
- ☐ Remove from heat and stir in 1 teaspoon salt. Season to taste with more salt, if desired. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing, adding more water by 1/4-cupfuls if too thick.
- ☐ Place garlic on a cutting board.
- ☐ Sprinkle with salt and chop, occasionally smearing with the back of a knife, until a coarse paste forms. Tie thyme and bay leaf with kitchen twine to form a bundle for bouquet garni.
- ☐ Heat 1/4 cup oil in a medium pot over medium heat; add garlic paste, bouquet garni, celery, onion, and bell pepper; cook until vegetables are tender, about 15 minutes.

- ☐
- Add peas with their cooking liquid;bring to a simmer. Cook until flavors meldand sauce is thickened, 10–15 minutes.
- ☐
- Remove from heat; stir in butter. Set aside.
- ☐
- Toast coriander seeds in a small dryskillet over medium heat, shaking pan often,until fragrant and slightly darker in color,2–3 minutes.
- ☐
- Let cool. Coarsely grind ina spice mill, or place in a resealable plasticbag and crush with a rolling pin or thebottom of a heavy skillet.
- ☐
- Combine celeryleaves, parsley, chives, lemon zest, andcrushed coriander seeds in a small bowl;drizzle with oil and toss to coat. Season totaste with salt and cracked pepper. Dividepeas among plates or transfer to a servingbowl; garnish with salad.

## Nutrition Facts



## Properties

Glycemic Index:34.8, Glycemic Load:2.56, Inflammation Score:-8, Nutrition Score:9.0147825139372%

## Flavonoids

Apigenin: 6.77mg, Apigenin: 6.77mg, Apigenin: 6.77mg, Apigenin: 6.77mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 110.31kcal (5.52%), Fat: 6.88g (10.58%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.99g (2.21%), Cholesterol: 3.01mg (1%), Sodium: 245.03mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin K: 59.42µg (56.59%), Folate: 85.89µg (21.47%), Vitamin C: 16.63mg (20.15%), Manganese: 0.35mg (17.63%), Fiber: 3.28g (13.13%), Vitamin A: 632.6IU (12.65%), Iron: 1.41mg (7.85%), Vitamin E: 1.09mg (7.26%), Phosphorus: 66.78mg (6.68%), Magnesium: 26.38mg (6.59%), Copper: 0.13mg (6.34%), Vitamin B1: 0.09mg (5.71%), Potassium: 190.7mg (5.45%), Vitamin B6: 0.09mg (4.5%), Zinc: 0.57mg (3.78%), Calcium: 29.87mg (2.99%), Vitamin B2: 0.04mg (2.56%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.36mg (1.81%), Selenium: 1.16µg (1.66%)