

# Hoppin' John

Just Say *Yes* to Fruits and Vegetables

*This nutritious southern-style dish will have you hoppin' for more!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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Serves 6 ▪ Serving: ½ cup

*Just Say Yes* to Fruits and Vegetables

*Try this quick and delicious dish as an easy way to get your greens in!*

### Ingredients:

- 1 cup dry brown rice
- 8 cups collard greens
- 2 tablespoons vegetable oil
- 4 chopped garlic cloves
- 1 can (15 oz) low salt diced tomatoes
- 1 can (15 oz) rinsed low salt black eyed peas
- Salt and pepper, to taste

### Directions:

1. Cook the rice according to package directions. Set aside.
2. Wash the collard greens and remove the stems. Chop greens into 1 inch pieces.
3. Heat vegetable oil in a large pot on medium heat.
4. Add garlic and cook for 2 minutes. Add collard greens and stir to coat in oil. Cook for 5 minutes.
5. Add tomatoes and stir. Cover the pot and let cook for 15-20 minutes. Water may be added if mixture becomes dry.
6. Add black eyed peas, salt, and pepper to tomato and greens mixture. Serve over rice and enjoy!
7. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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