

## **Blackeye Peas and Spinach Sauté**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 7 minutes

Serves: 4

**CChints:** Fresh spinach is rich in iron and very good for you. Buying packaged prewashed spinach will save you time in preparing this dish. You can substitute other beans like red kidney, or Northern beans.



2 tablespoons chopped walnuts or pecans  
1/3 cup minced sun-dried tomatoes (packed in oil style)  
3 tablespoons sun-dried tomato oil from the jar  
1/2 cup chopped sweet onions like Vidalia, Walla Walla or Spanish  
2 glove minced garlic, fresh or from a jar  
1 cup blackeye peas form a 15 ounce can, rinsed and drained  
1/3 cup chicken broth  
1/2 teaspoon salt  
Dash of black pepper  
8 ounce bag of prewashed fresh spinach

Toast the nuts in a large, dry nonstick skillet over medium low heat for 1-2 minutes. Stir occasionally until they start to turn a little brown and you can smell the oils they are releasing. Transfer them to a bowl and set aside.

Add the oil to the same skillet and increase the heat to medium. Add the onions and sauté for 5 minutes and then add the garlic for 1 more minute. Stir in the tomatoes, beans through pepper, stirring occasionally until the beans are warm.

Add the spinach to the pan and it will look like a lot but it will cook down in 1-2 minutes. Stir occasionally while bringing the wilted spinach from the bottom of the pan to the top. Transfer to a serving bowl or divide among 4 plates and sprinkle with the nuts.