

featured recipe

Curried Black-eyed Peas

Source: Holly Gump  
Serving size: 3/4 cup  
Servings per recipe: 6

Ingredients

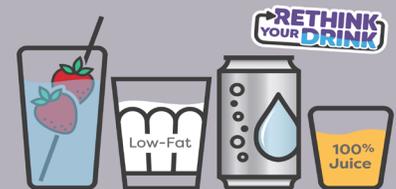
- 2 Tbsp vegetable oil
- 1 medium onion, chopped
- 1 tsp garlic powder
- 1 tsp dried ginger
- 1 Tbsp curry powder
- 1/2 tsp ground pepper
- 1/4 tsp cayenne pepper
- 1 15-oz can black-eyed peas
- 1 15-oz can low-sodium chopped tomatoes
- 5 oz frozen chopped spinach (or 1/2 can chopped spinach)



Instructions

1. In a large skillet, sauté chopped onion in vegetable oil over medium heat, until onion is soft.
2. Add spices. Stir and sauté 1 minute.
3. Add black-eyed peas and tomatoes. Stir and simmer on low heat 15-30 minutes to blend flavors.
4. Serve with rice or other grain.

this home is a  
kid - friendly  
drink zone .



FINGER LAKES EAT SMART NEW YORK

Did you know that the average American consumes 270 calories of added sugars each day?

That's about 17 teaspoons of sugar! Considering almost half of the added sugars in our diets come from beverages, it's important to make healthy drink choices.

Here are a few fun ideas to make your home a kid-friendly drink zone:

- **Make water, fat-free or low-fat (1%) milk, or 100% juice** an easy option in your home
- **Check out our website** for delicious low sugar recipes your kids can help prepare, such as:
  - Water flavored with fruit or herbs
  - Hot or cold flavored milk
  - Smoothies

Who knew healthy drinks could be so much fun? For more ideas to make your home a kid-friendly drink zone, go to [flesny.org](http://flesny.org).

Mary Lee Bourbeau

Mary Lee Bourbeau  
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Finger Lakes Eat Smart New York



*How much added sugar do you drink in a day?  
Use the Sugar Calculator on our website to find out how much sugar you are drinking, and how much those sugary drinks cost.*

For more tips and recipes, or to sign up for our e-newsletter, call or visit

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