Product Description

- This item is Grade A canned, dried black-eyed peas that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of black-eyed peas provides about 113 1/2-cup servings of heated, drained beans or 138 1/2-cup servings of unheated, drained beans.
- CN Crediting: ½ cup black-eyed peas credit as ½ cup legume vegetable OR 2 oz equivalents meat/meat alternate.

Culinary Tips and Recipes

- Black-eyed peas can be cooked with greens for a tasty vegetable dish or included as an ingredient in soups.
- Black-eyed beans can also be used in pasta salads, cold vegetable salads, or made into a dip for vegetables.
- Drain and rinse canned beans and peas before adding to recipes to reduce the sodium.
- For culinary techniques and recipe ideas, visit the Institute of Child Nutrition or USDA’s Team Nutrition.

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

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