

Heart Healthy Recipe Exchange

Black-Eyed Peas Dal

Category: Protein

Description: Main Dish



From the Kitchen of
(Dr. Divya L. Selvakumar)

Servings:	4
Prep Time:	15 minutes
Total Time:	30-45 minutes

Ingredients:

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1. 1 cup of black-eyed peas

 2. 2 medium-sized tomatoes

 3. 1 small onion

 4. 1 clove of garlic

 5. 1 piece of ginger

 6. 1 bunch of spinach

 7. 1 tsp – garam masala, chili powder, turmeric, moringa (optional)

 8. 1 tsp – coriander seeds, cumin seeds, fennel seeds

 9. Salt to taste
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Directions:

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1. Soak black-eyed peas overnight for 8 hours. Pre-cook black-eyed peas in pressure cooker or InstaPot.

 2. Cut onion, garlic, ginger, tomatoes, and spinach into small pieces.

 3. Heat almond or olive oil in pot. Add fennel, cumin and coriander seeds

 4. When golden brown, add garlic, onion and ginger. Cook thoroughly.

 5. Add tomatoes and spinach. Cook until soft.

 6. Add black-eyed peas and mixed with vegetables and spices.

 7. Add garam masala, chili powder, turmeric and moringa (if desired).

 8. Add water and cook, bringing it to a boil. Simmer for 10-15 minutes.

 9. Serve hot
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Notes:

Black-eyed peas are commonly used throughout the South Asian diaspora and can be prepared in a variety of different ways.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Black-eyed peas are not only rich in protein, but in several other vitamins and minerals. It is an excellent source of iron, phosphorus, magnesium, niacin, and thiamin. It can be made for either lunch or dinner.
