Hoppin’ John

*2 cups black-eyed peas (dry)
8 1/2 cups water, divided
1 ham hock or 1 smoked turkey leg
1 medium onion, chopped

*1 hot red pepper or
1/2 teaspoon hot pepper sauce
1/4 teaspoon salt

*1 cup uncooked rice

Directions:
Place peas in a large pot and add 6 cups of water. Let soak overnight. The next day, add ham (or turkey), chopped onion and red pepper or sauce. Bring to a boil. Reduce heat and cook, uncovered, until the peas and meat are tender, about 1 1/4 hours. Remove from heat. Remove pepper pod. In another saucepan, heat remaining 2 1/2 cups water with salt. When it comes to a boil, add rice. Reduce heat to low and cook covered, until rice is tender and all the liquid has been absorbed, about 20 minutes. Remove ham hock (or turkey leg) from peas, remove any skin and bones, and cut the meat into small pieces. Return meat to the peas. Add rice to the pot with the peas and heat through.

Makes 10 servings
Nutritional Information: Amount per serving: Calories 192; Total Fat 2g; % of total calories from fat 10%; Sodium 69 mg.

Beans are Packed Full of Nutrients!
*High in Fiber
*Low in Fat
*Packed with Energy
*Rich in Protein
*Rich in Folate, Iron, B-vitamins & Calcium
*Low in Sodium

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Developed by Kelly Cordray, MS, RD, LD, Extension EFNEP Nutrition Specialist
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Helpful Tips for Cooking Rice

- Do not stir rice during cooking. Stirring can make the rice sticky.
- If all the water is absorbed by the rice when cooking but rice isn’t tender, add 2 to 4 more Tablespoons of water and re- cover.
- If rice is still wet after cooking, leave uncovered on low heat for a few more minutes.
- To make the pan easier to clean, remove the rice from the saucepan, fill the pan with cold water, and allow it to soak.

Mixed Fruit Delight

2 cups water  
*2/3 cup instant dry milk  
1 box pudding mix, instant (vanilla, coconut cream, lemon, or banana flavors)  
*2 (15.5 ounce) cans Mixed Fruit, drained  
2 bananas, sliced

Directions:  
In a medium bowl pour instant dry milk powder and water, stir with wire whisk. Add pudding mix and stir for 2 minutes. Let pudding set for 5 minutes until thick. Add mixed fruit (drained) and sliced bananas and stir. Refrigerate for an hour. Serve in individual dishes and sprinkle with cinnamon if you like. Your kids will love it!

Makes 14 (1/2 cup) servings  
Nutritional Information: Amount per serving: Calories 73; Sodium 120mg; Calcium 5%

Cal-C-Yum!

Instant nonfat dry milk is an excellent source of calcium and protein and a good source of vitamin A. Calcium is essential for children to develop strong bones and help adults maintain healthy bones.

Directions for Reconstituting Nonfat Dry Milk (NDM):

To make this much fluid milk, use the same amount of water  
Combine this amount of NDM, mix well.

- 1/4 cup 1 Tablespoon plus 1 teaspoon
- 1/3 cup 2 Tablespoons
- 1/2 cup 2 Tablespoons plus 2 teaspoons
- 1 cup 1 1/3 cups

*Cover and refrigerate. Use within 3 to 5 days.