Black Eyed Pea Cakes

in a new light

Makes: 6 servings  
Prep Time: 10 minutes  
Cook Time: 20 minutes  
Difficulty: Easy

Ingredients:

- 1/2 onion, finely chopped
- 1/2 red bell pepper, finely chopped
- 2 ribs celery, finely chopped
- 2 (1-ounce) slices Canadian bacon, finely chopped
- 2 (15-ounce) cans black eyed peas, rinsed and drained
- 1/4 cup all-purpose flour
- 2 tablespoons canola oil

Directions:

Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add onion, bell pepper, and celery and cook, stirring occasionally, until tender, 8–10 minutes. (If the mixture gets too dry, add 2–3 tablespoons of water.) Stir in bacon. Transfer the mixture to a small bowl. Wipe the skillet clean.

Mash black eyed peas in a large bowl until coarsely mashed. Add onion mixture and flour until well combined. Shape the mixture into 6 (3-inch) patties. Heat oil in the same skillet over medium-high heat. Add the patties and cook until browned and crisp, about 4 minutes per side.

Nutritional Information: Per serving (1 patty): 150 calories, 6 g fat (0.5 g saturated, 0 g trans), 5 mg cholesterol, 310 mg sodium, 20 g carbohydrate, 4 g fiber, 5 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.