



GBS HEALTH & WELLNESS

Pork Chops with Black Eyed Peas & Greens

Adapted from heynutritionlady.com and cookieandkate.com | Servings: 2



About this Recipe

This recipe is a traditional southern meal that helps kick-off the New Year. Each component is included for a specific association - the pork represents prosperity and progress, the black-eyed peas are said to bring luck and good fortune, and the greens are thought to bring wealth. Not only that, but collard greens are a great source of vitamin C and iron .

**Did you know that vitamin C helps the body absorb plant sources of iron?
Combine the two for optimal absorption!**

INGREDIENTS

Pork Chops

- › 2-3 oz porkchops
- › ½ c. all purpose flour
- › 1 Tbs olive oil
- › Salt and pepper to taste

Black Eyed Peas

- › 1 c. dried Black-eyed Peas
- › 3 c. Water
- › Salt and pepper to taste

Collard Greens

- › 10 oz Collard greens
- › 1.5 Tbs olive oil
- › 2 cloves of garlic, pressed and minced

DIRECTIONS

Pork Chops

1. Mix flour and salt and pepper
2. Pat dry pork chops
3. Start heating pan with olive oil
4. While pan heats, coat the chops in the flour mixture
5. Cook about 4 minutes on high on each side or until crispy and internal temp is at least 145
6. Let rest 3 min and then serve

Black Eyed Peas

1. Rinse black eyed peas
2. Add black eyed peas and water, bring to a boil, then simmer until beans are soft (~45 min)
3. Strain and serve

Collard Greens

1. Cut ribs out of greens and cut remaining parts into pieces
2. Heat pan over medium heat and add olive oil
3. Add greens and stir until coated
4. Continue to stir every 30 or so seconds until leaves are wilted
5. Once leaves are wilted, add garlic and stir until fragrant (~30 seconds)
6. Remove from heat and serve

