



## Black-Eyed Peas and Swiss Chard—*Lahana me Louvia*

1 cup black-eyed peas  
3 tablespoons lemon juice  
2 tablespoons olive oil  
1 small red onion, finely  
chopped  
1 clove garlic, minced  
1 bunch Swiss chard  
1 teaspoon lemon zest  
Sea salt and pepper

WASH THE SWISS CHARD, trim away tough stems, and chop the leaves into bite-size pieces.

Rinse the black-eyed peas and set them aside. Boil water in a medium-size sauce pan. Add the black-eyed peas and boil for 2 minutes.

Strain the peas and discard this water, which will be black.

Return the peas to the pan; add enough water to cover the peas by at least 2 inches. Add 1 tablespoon of the lemon juice. Bring to a boil, cover, reduce heat, and simmer for 35–40 minutes until peas are tender. Remove from heat, drain, and set aside.

In a frying pan, heat the olive oil and sauté the chopped onions until soft, then stir in the minced garlic. Stir and cook the onions and garlic for a few minutes until they brown a bit. Add the Swiss chard and cook for just a few minutes until it is wilted. Add the remaining 2 tablespoons of lemon juice and the lemon zest and stir gently. Combine onion and Swiss chard mixture with black-eyed peas, and add sea salt and pepper to taste.

This dish may be served warmed or at room temperature. Serve with extra lemon juice or vinegar on table as condiments.

Serves 6

*If you are a garlic lover, an additional clove or two would be great—though the flavor of the black-eyed peas is very good by itself.*