



NUTRITION CONSULTING INC.

Brown Rice and Black-eyes Pea Salad

Legumes like black-eyed peas are a great source of iron and fibre.

Makes 6 servings

What you need:

- 1 ¼ cup water
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- Pinch of pepper
- 3 cups canned black-eyed peas (or dried peas – soaked)
- 1 butternut squash, peeled, seeds removed & cut into cubes
- 4 cups cooked, cold, brown rice
- 1 red bell pepper, seeded and chopped
- Hot sauce to taste



How you prepare:

Cook rice and let cool, or use leftover rice. In a large frying pan bring water, onion, celery, garlic and pepper to a boil. Stir frequently. Add black-eyed peas and squash. Return to a boil and continue stirring. Reduce heat to low, cover and simmer until the peas and squash are tender, about 20 minutes. Stir occasionally. Add rice, bell pepper and hot sauce. Toss together. Simmer for about 5 minutes to heat through.

Transfer to a serving bowl to enjoy!

Per serving:

- Calories 310
- Carbohydrates 63g
- Protein 12g
- Fat 2g
- Dietary Fiber 7.6g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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