



Tex-Mex Rice and Black-Eyed Peas

Serves 4

- 1 cup white rice
- 1 tbl. extra virgin olive oil
- 1 cup fresh salsa, plus more for topping
- ½ tsp. ground cumin
- 2 14-oz. cans black-eyed peas, (1 undrained; 1 drained and rinsed)
- 3 cups baby spinach
- ¼ cup chopped fresh cilantro
- 1 avocado, halved, pitted and sliced
- 1 cup shredded Cheddar cheese
- Sour cream or Greek yogurt for serving, optional

Cook the rice as the label directs. Meanwhile, heat the olive oil in a medium saucepan over medium-high heat. Add the salsa and cumin and cook, stirring, until the salsa is soft, about 5 minutes. Add the black-eyed peas, plus the liquid from one of the cans and ¼ cup water. Cook, stirring occasionally, until the beans are creamy and tender, about 12 minutes.

Fluff the rice with a fork and divide among bowls. Add the spinach and cilantro to the black-eyed pea mixture and stir until wilted, about 1 minute; spoon evenly over the rice. Top each serving with a few avocado slices, some cheese and more salsa. Serve with sour cream or Greek yogurt, if desired.

Credit – Food Network