

BEYOND HUNGER

Hoppin' John Patties with Herbed Tomatoes

Hoppin' John is traditionally combined with white rice and field peas or black-eyed peas. This recipe combines the two together in a patty and adds herbed tomatoes for a punch of flavor. These patties have an abundance of protein, fiber, vitamins, and minerals for you to enjoy!

Yields: 4 Servings

Serving Size: 2 patties

Ingredients:

Patties

- 2 c **black-eyed peas** (cooked)
- 1 c **brown rice** (cooked)
- 1 c **onion**, chopped
- 1 clove **garlic**, minced
- ½ c **green bell pepper**, diced
- 2 Tbsp **olive oil** (divided)
- 1 large **egg**
- 1 Tbsp fresh **thyme**
- ½ tsp **cayenne pepper**
- ¼ tsp **coarse salt**
- ⅛ tsp **black pepper**

Herbed tomatoes

- 2 c fresh **grape tomatoes**, quartered
- ½ c **sweet onion**, diced
- 1 Tbsp **extra-virgin olive oil**
- 2 Tbsp fresh **thyme**
- ¼ tsp **coarse salt**
- ⅛ tsp **cracked black pepper**

Instructions:

1. Make the herbed tomatoes by mixing all the ingredients in a small bowl. Set aside.
2. Make the patties by mashing the black-eyed peas with a fork in a bowl then mix in the rice. Set aside.
3. In a medium skillet, heat half the olive oil over medium heat. Sauté the onion, garlic, bell pepper until soft.
4. Add the sautéed vegetables, egg, thyme, cayenne pepper, salt, and black pepper into the black-eyed pea and rice mixture. Mix well.
5. Once mixed, divide the mixture into four equal parts. Create two equal patties from each of the parts. If the patties are too loose, refrigerate them for an hour or overnight.
6. Wipe the skillet and heat the rest of the olive oil over medium-high heat. Add the patties in batches and cook over medium heat until golden brown, about 3 minutes per side.
7. Top the patties with the herbed tomatoes and serve. Enjoy!

Per Serving: Calories 286 kcal, Carbohydrates 38.1g, Protein 6.9g, Saturated Fat 2.1g, Sodium 320mg, Fiber 7.4g, Sugars 7.8g
This recipe was modified and adapted from Marisa Moore, RDN.