

Rice, Peas, and Greens

This dish is called Hoppin' John, and collards are the typical green—but you can use kale, chard, or any other sturdy leafy green you like. A ham hock is also traditional (feel free to add one) but we use smoked paprika to get the smoky flavor without meat. You can buy smoked paprika, also called pimentón, in a jar or tin at the supermarket.



"Dark, leafy greens are delicious and a rich source of nutrients, and in the summer we are lucky to have access to locally grown bunches."

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 35 MINUTES | TOTAL TIME: 35 MINUTES | MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Measuring spoons
Sharp knife
(adult needed)
Cutting board
Large pot with lid
Heatproof spatula
Can opener
Measuring cup

INGREDIENTS

1 tablespoon olive oil
1 onion, peeled and chopped
 $\frac{3}{4}$ teaspoon salt
 $\frac{3}{4}$ pound fresh collard greens (or other sturdy greens), thick stems removed and leaves chopped
 $\frac{1}{2}$ teaspoon smoked paprika (if you like)
 $\frac{1}{4}$ teaspoon dried thyme
2 cups water
1 teaspoon white vinegar
1 (15-ounce can) black-eyed peas, drained (or 2 cups cooked)
2 cups cooked brown rice
Black pepper
Hot sauce (if you like)

INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. When the pot is hot, carefully add the oil.
2. When the oil is hot, add the onion and salt, and cook, stirring occasionally, until the onion is soft and starting to look clear, about 6 or 7 minutes.
3. Add the collards, smoked paprika, and thyme, and cook until the greens are just wilted, about a minute. Add the water, stir, cover the pot, and cook until the greens are just tender, about 5 to 10 minutes.
4. Stir in the vinegar, black-eyed peas, and rice. Cover the pot, lower the heat to low, and cook for 5 minutes. Now taste it. Does it need black pepper? More salt? More vinegar? If so, add it and taste again.
5. Serve right away, with hot sauce, if you like.

Safety Tip

Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

VISUAL GUIDE TO GREENS

There is a great variety of dark, leafy greens—also called “cooking greens” because they’re sturdy and hold up well in a recipe. These are some of them.



Spinach is mild and familiar, good raw or cooked.

Collards have wide, flat leaves and a lot of flavor.



Kale is in the cabbage family and comes in many delicious varieties.



Chard tastes like spinach, but has thick stems that sweeten up when cooked.

Mustard greens can be peppery, but lose a little of their bite after cooking.

DID YOU KNOW?

Dark, leafy greens are packed with vitamins A and C, calcium, iron and fiber—making them among the very healthiest foods you can eat!

Their **growing season** is nice and long, because sturdy greens can survive cold weather.



Sarah and Ryan Voiland operate Red Fire Farm.

Red Fire Farm grows on more than 100 acres of rich farmland in Granby and Montague, MA, to sustainably produce certified organic vegetables, fruit, eggs, garden plants and flowers for the greater Boston area and Western Massachusetts. Farmers Ryan and Sarah Voiland and the Red Fire crew work to provide the highest quality, freshest food through all four seasons of the year. They produce over 300 varieties of vegetables and fruits, including Swiss chard, kale, salad mix, spinach, and Asian greens.



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