

Black Eyed Greens Recipe



Pop quiz: What's the #1 most important food to keep you looking and feeling young and healthy as you age?

[Get the full list of foods in my blog post this Thursday: Turn Back the Clock: What to Eat to Look and Feel Young & Healthy.]

Answer: Dark, leafy greens like spinach, kale, and watercress.

Today's greens and beans recipe is a new way to use greens along with other nutrient-packed foods that will keep you healthy for many years to come.

You could serve this along with some wild-caught salmon – the #2 food on the list – for a truly heart, brain, and body satisfying meal.

Plus, it's delicious. I'd be happy eating this every week until the weather warms up!

Give it a try and let me know what you think over [on Facebook](#).

BLACK EYED GREENS

Ingredients [Serves 4]

1 large bunch kale, chard, or collard greens (or combination)
cups vegetable broth (yeast free)
oz. can black-eyed peas (I use Eden Organics, rinse well)
garlic cloves, minced
cups cooked sweet potato, chopped
Smoked paprika (use regular paprika if you don't have smoked)

Directions

Bake sweet potato before starting this recipe for at least an hour. You can do this the day before and refrigerate until you're ready to use it.

Chop and combine greens with broth, black-eyed peas, garlic, sweet potatoes, and



smoked paprika in a large saucepan. Bring to a boil, stirring often, then reduce heat and simmer for 25 minutes.

Serve and enjoy!



For more on which foods to avoid and which to eat more of (like delicious greens and beans), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!