



## Black-eyed and Chinese Greens

- 1 tablespoon minced jalapeno pepper
- 1-1/2 tablespoons minced fresh ginger root
- 4 cloves garlic, minced
- 2 tablespoons peanut oil
- 1 teaspoon sesame oil
- 2 tablespoons black bean paste (optional)
- 2 pounds bok choy, sliced diagonally in 1/2-inch strips
- 4-1/2 cups cooked black-eyed
- 2 tablespoons light soy sauce
- 1/2 teaspoon pepper
- 4 cups cooked rice
- 1-1/2 tablespoons toasted sesame seeds
- 6 medium green onions, thinly sliced

1. In a large skillet, sauté peppers, fresh ginger root, and garlic in peanut and sesame oil until peppers are tender, about 5 minutes. Stir in black bean paste if using; add bok choy and cook covered, over medium heat until bok choy wilts. 3 to 5 minutes.
2. Stir in black-eyed and soy sauce; cook until heated through, about 5 minutes. Season with pepper. Serve over hot rice; sprinkle with sesame seeds and green onion.

Yields 6 main dish servings.

<b>Nutrition Facts</b>	
Serving Size: about 1/6 of recipes	
Servings per recipe: 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 387	Calories from fat 54
Value	% Daily
<b>Total Fat</b> 6g	9%
Saturated fat 1g	5%
<b>Cholesterol</b> 0mg	0%

<b>Sodium</b> 311mg		13%
<b>Carbohydrate</b> 68g		23%
Dietary Fiber 11g		45%
<b>Protein</b> 17g		33%
Vitamin A: 92	Vitamin C: 121%	Folacin: 113%
Calcium: 22%	Iron: 29%	Potassium:
24%		

**Source:** "Modified from original source: "Beans, Beans, Beans"  
California Dry Bean Advisory Board.

**Provided by:**

Barbara Brown  
Food Specialist  
OSU Cooperative Extension Service  
Stillwater, Oklahoma 74078-6141  
[bbrown@okstate.edu](mailto:bbrown@okstate.edu)