

## Hoppin' John

2 cans (15 Oz.) blackeyed peas with juice

Water

1 cup medium-grain rice

1 ½ cups diced smoked ham

2 tbsp. dried onion flakes

2 garlic cloves, minced

2 tbsp. dried parsley

¼ tsp. dried thyme

Generous dash red pepper flakes

2 tbsp. Lemon juice

Freshly ground pepper

Spray rice cooker container with nonstick spray. Drain liquid from peas into measuring cup and add enough water to make 2 ½ cups. Add liquid and remaining ingredients except canned peas to rice cooker. Cover and cook until rice cooker shuts off. Carefully remove cover, add canned peas and quickly stir peas into rice. Recover and allow to steam for 10 minutes before serving.

Courtesy of  
Dr. Catherine Hebert  
Endodontic Center