



University of
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Wellness Pavilion
School of Health and
Rehabilitation Sciences



Adapted from: <https://marisamoore.com/>

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Hoppin' John Patties with Herbed Tomatoes

Yields: 4 servings (2 patties)

Patties

- 2 cups cooked black-eyed peas
- 1 cup cooked brown rice
- 1 cup chopped onion (about 1 medium)
- 1 clove garlic, minced
- ½ cup bell pepper, diced
- 2 tbsp olive oil, divided
- 1 large egg
- ½ tsp cayenne pepper
- ¼ tsp each salt and pepper

Herbed Tomatoes

(Optional – can substitute salsa or other sauce)

- 1 can diced tomatoes, drained
- ½ cup onion, diced
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh thyme
- ¼ tsp each salt and pepper

Directions

Make the herbed tomatoes. In a small bowl, mix all ingredients. Set aside.

Make the patties. In a large bowl, mash the black-eyed peas with a fork or potato masher. Add the rice to the bowl. Set aside.

In a skillet, heat half the olive oil over medium heat. Sauté the onion, garlic, bell pepper until soft. Add to the black-eyed pea and rice mixture along with the remaining ingredients. Mix well.

Divide mixture into eight equal parts. If the patties are too loose, refrigerate them for an hour or overnight.

Wipe out the skillet. 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.

Top the patties with the tomatoes. Serve.