

Split Peas



How to Prepare Dried Split Peas

- **Sort and Rinse.** Spread beans out on a clean towel or rimmed baking sheet, so you can see what's what. Remove any shriveled beans and pebbles. Rinse beans in a colander under cold running water.
- **Cook.** You can use dried split peas directly in a recipe! If you want to prepare in advance for storage and quicker cooking: Bring about 1 1/2 cups of water or broth to a boil for every cup of dried split peas. Add split peas, allow water to return to boiling, reduce heat, partially cover pan, and simmer for 30 to 45 minutes.
- **Store.** Once peas are cooked, drained and cooled, portion into food storage bags or containers. Split peas can be stored in the freezer for 9-12 months. Add cooked split peas to rice, salads or ready-to-eat soups for extra fiber and protein!

Easy Split Pea Curry

Ingredients

1 tablespoon oil
1 small onion, diced (about 1 cup)
1/4 cup red curry paste (find this in the Asian section of your grocery store, usually in a glass jar)
3 cups vegetable broth or water
2/3 cup dried split peas
1 (15-oz) can diced tomatoes, drained
1 (14-oz) can light coconut milk
Salt and pepper to taste
Cooked rice, for serving

Directions:

1. In a large skillet, heat oil over medium-high heat. Add the onions and cook until soft, about 3 minutes.
2. Add the curry paste and stir for 1-2 minutes (this helps to reactivate the spices in the curry paste).
3. Add in the vegetable broth (or water) and split peas. Bring to a boil.
4. Reduce heat, and simmer for 10-15 minutes, or until the split peas have become tender (but not mushy).
5. Add canned diced tomatoes and can of coconut milk. Simmer for an additional 20 minutes, stirring occasionally.
6. Taste and adjust seasoning—some curry pastes are very salty so you might not need to add any salt.
7. Serve over hot rice.

Notes: Add any number of fresh, frozen or canned vegetables for texture, flavor, color and nutrition. Fresh vegetables should be added about 10 minutes before end of cook time. Canned and frozen vegetables can be added 5 minutes before serving, just to heat through.

Adapted from Wholefully.com

Makes 6 (1 cup) servings

What's all the fuss about beans and legumes?

- Legumes are a family of vegetables that include beans, peas and lentils
- They are a great source of protein. Just 1 cup of split peas provides 16 grams of protein!
- A Nutrient-dense food packed with vitamins, minerals and antioxidants
- They are low in fat with zero cholesterol, reducing your risk for heart disease, stroke, high blood pressure and high cholesterol
- A high fiber food! A diet rich in fiber reduces your risk for obesity, stomach and colon cancers, and can help regulate blood sugar reducing the risk of developing diabetes
- They're cheap! Although dry beans cost less than canned beans, they both are a great healthy food choice that is easy on the budget.

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Split Pea Soup

Makes 6 (1 1/2 cup) servings

Ingredients

- 1 medium onion, chopped (about 1 cup)
- 2 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1/8 cup cooking oil
- 1/2 teaspoon dried oregano
- 1 and 1/2 teaspoons salt
- 1 teaspoon ground pepper
- 3-4 carrots, peeled and diced (about 2 cups)
- 1 medium potato, diced (about 1 cup)
- 1 pound dried split peas (about 2 cups)
- 8 cups low-sodium chicken or vegetable broth (or water)

Directions:

1. Heat oil in a large stock pot on medium heat
2. Add onion, garlic, oregano, salt and pepper, cook 10 minutes
3. Add carrots, potatoes, 1/2 of the split peas and all the stock
4. Bring to a boil, then reduce heat and simmer for 40 minutes
5. Skim off any foam that accumulates and throw away
6. Add the remaining split peas and cook another 40 minutes
7. Stir frequently to prevent burning
8. Taste for salt and pepper, serve hot

Adapted from Ina Garten

Split Pea Salad with Rice

Makes 8 (3/4 cup) servings

Ingredients

- 1 cup dried split peas
- 1 1/2 cups vegetable broth or water
- 2 cups cooked rice
- 1 large red onion, diced
- 1/2 cup dried fruit, chopped
- 1/2 cup chopped walnuts
- 5 tablespoons oil, any
- 6 tablespoons white vinegar
- Salt and pepper to taste

Directions:

1. Combine split peas and broth in a saucepan over high heat.
2. Bring to a boil, reduce heat, cover, and bring to a simmer
3. Cook 30-45 minutes or until split peas are very tender
4. Cook 2 cups rice according to package instructions
5. Add all ingredients into a large bowl and mix well.
6. Season with salt and pepper to taste
7. Enjoy!

Notes: Try serving on fresh lettuce leaves and enjoy as a fresh and crunchy lettuce wrap

Adapted from Just Say Yes to Fruits and Vegetables