



Give Them More
of the
Good Stuff!



Split Pea Basics

Shop and Save

- Look for bright-colored split peas, usually green or golden yellow.
- Dried split peas are inexpensive and store well.
- Split peas are available pre-packaged or in bulk bins.

Split Pea Math

1 pound =
2 1/8 cups dry split peas
1 cup dry split peas =
2 to 2 1/2 cups cooked

Split peas are an excellent source
of protein and fiber.



More About Split Peas

- Split peas are mature peas that are allowed to dry before harvesting. When the skins are removed, they naturally split in half.
- Either yellow or green split peas can be used in most recipes. Yellow split peas have a mild flavor while green split peas are slightly sweeter.
- Split peas do not need to be soaked before cooking. Sort to remove small rocks or other seeds and plant parts, then rinse to remove dust.
- Cook split peas by simmering in water or broth. Use about 3 cups of water for 1 cup of split peas.
- Cooking times depend on the desired texture. For split peas that hold their shape, cook for 20 minutes. To make a smooth puree, cook for 40 minutes or longer.

Store Well Waste Less

- To maximize shelf life, store dry split peas in an airtight container in a cool, dark, dry place. Stored well, they keep their quality for 2 years or longer.
- Cooked split peas can be refrigerated for up to a week.
- For longer storage, freeze cooked split peas for up to 3 months. Divide into amounts suitable for a single use.



Enjoy Split Peas

Split Pea Soup

Ingredients:

- 1 cup sliced or grated **carrots**
- 1 cup chopped **onion**
- 1 cup chopped **celery**
- 1 teaspoon **oil**
- 2 cups dry **split peas** (yellow, green or a mix)
- 7 cups **broth** (any flavor)

Directions:

1. In a large saucepan, sauté carrots, onion and celery in oil until just beginning to brown.
2. Add split peas and broth. Bring to a boil then cover and reduce heat to low.
3. Simmer until peas are as soft as you like, 45 to 60 minutes or longer.
4. Refrigerate or freeze leftovers within 2 hours.

Flavor variations:

- ✿ Make broth by adding 1 teaspoon or cube of bouillon (any flavor) for each cup of water.
- ✿ Ham: Use a ham bone or ham hock with the broth or water. Add 1 cup of chopped ham and a dash of ground cloves to the soup.
- ✿ Curry: Add 1 Tablespoon curry powder and 1/2 teaspoon each garlic powder, cumin, and turmeric. Taste and adjust seasonings as you like.

Makes 8 cups

Prep time: 10 -15 minutes

Cook time: 50 -60 minutes or longer

Visit FoodHero.org for more recipes using split peas.

Split Pea Salad

Ingredients:

- 1/2 cup dry **split peas** (green, yellow or a mix)
- 1 1/2 cups **water** or **broth** (any flavor)
- 2 **green onions**, sliced, or 1/4 cup **sweet onion**, chopped finely
- 1 cup **tomatoes**, diced
- 1/4 cup fresh **parsley**, chopped
- 1/4 cup **Italian salad dressing**

Directions:

1. In a small saucepan, combine split peas and water or broth. Bring to a boil. Reduce heat and simmer until just tender but still holding their shape, 20 minutes. Drain if needed. Set aside to cool.
2. In a bowl, combine the cooked split peas, onion, tomatoes and parsley. Add the dressing and toss lightly.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 -15 minutes

Cook time: 20 minutes + cooling time



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ find and remove small rocks, seeds or plant parts from dry split peas.
- ✿ Rinse split peas in a colander under cool running water.
- ✿ Wash, peel or chop vegetables.