



# Split Peas



## Why eat split peas:

- Rich in protein and fiber which can help keep you fuller longer and help regulate blood sugar.
- Help lower your bad cholesterol, manage your blood pressure, and reduce inflammation (swelling) in your body.

## How to store and when to throw out:

- Dry peas can be stored for 2-3 years.
- Cooked peas should be stored for 5 days in a tightly sealed container.
- Freeze cooked peas and keep in a freezer safe container for up to 6 months.

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### Split Pea Fritters

Makes about 15 servings

#### Ingredients:

- |                           |                      |
|---------------------------|----------------------|
| 1 cup yellow split peas   | 1 1/2 teaspoon cumin |
| 1 onion, chopped          | 1/4 teaspoon salt    |
| 2 teaspoons garlic powder | 1-2 teaspoons oil    |

#### Directions:

1. If the split peas are dry rather than canned, soak for 4 hours to rehydrate OR cook according to directions, and drain.
2. Add all ingredients except the oil to a blender and pulse until combined.
3. Heat 1 - 2 teaspoons olive oil in a large skillet.
4. Scoop a spoonful of the split pea mixture into your hand and form into a loose ball. Add to pan and flatten with a spatula. Be careful not to overcrowd.
5. Cook until golden brown, approximately 3 minutes. Then flip and repeat until cooked on the other side.
6. Remove from pan and serve.

#### Chef Notes:

- Try dipping your fritters in low-fat Greek yogurt.
- If you don't have a blender, smash the peas before mixing with all other ingredients.

## How to cook split peas:

- No soaking required!
- Rinse and pull out any stones or debris.
- In a large sauce pan, stir together 2 cups of water or broth and 1 cup of peas. Bring to a boil and then reduce to a simmer.
- Split peas take about 30 minutes to cook.
- Drain extra liquid when done cooking.
- DO NOT salt or season until fully cooked.

## Nutrition Facts

Serving Size 1/4 cup (dry) (45g)  
Servings per container 10

#### Amount Per Serving

**Calories** 110      Calories from fat 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 25mg      **1%**

**Total Carbohydrates** 27g      **9%**

Dietary Fiber 11g      **44%**

Sugars 1g

**Protein** 11g

Vitamin A 8%      •      Vitamin C 0%

Calcium 0%      •      Iron 15%

# Split Pea Dip

Makes 12 servings

## Ingredients:

1 cup dried split peas	1/4 oil
1 teaspoon garlic powder	1 tbsp lemon juice
1/2 teaspoon salt	1/4 teaspoon cumin, ground

## Directions:

1. Cook peas. Drain and let cool
2. Stir in garlic and 1/4 teaspoon salt.
3. Add oil, lemon juice, cumin, and 1/4 teaspoon salt. Smash with a heavy spoon or potato masher, or add all ingredients to a blender and blend.
4. Enjoy with pita chips, carrots, cucumbers, and any other vegetable.

# Summer Split Pea Salad

Makes 4 servings

## Ingredients:

2/3 cup dried split peas	1/2 teaspoon garlic powder
1 1/2 cup broth	2 tablespoons oil
1 cup corn, frozen & thawed	1 tablespoon mustard
2 cups cherry tomatoes	1 tablespoon lemon juice
2 teaspoons Italian seasoning	1 teaspoon syrup or honey

## Directions:

1. In a medium sauce pan, combine peas and broth. Bring to a boil, reduce heat, cover, and simmer about 20 minutes until peas are tender. Let cool.
2. Slice tomatoes in half. Place in medium bowl. Stir in peas and corn.
3. Stir in spices.
4. Add oil, mustard, and syrup. Stir to combine and chill.

## Buying Guide:

- **Dry** beans, peas, and lentils are the cheapest and last the longest. Cook them all at once and freeze what you won't use that week.
- **Frozen** beans, peas, and lentils, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** beans, peas, and lentils are best when canned with *no-salt-added*. Make sure to drain and rinse them to get rid of added sodium.
- **Fresh** beans grow in the spring and fall, and peas and lentils grow in the spring. They don't have a long shelf life but they are delicious!

## How much protein should I eat?

The recommendation is to eat 5-6 ounces per day. A meat portion the size of the palm of an average hand is about 3 ounces. An egg is one ounce, 1/4 cup of beans peas or lentils is equal to one ounce, and 1 tablespoon of nuts or the size of a thumbs is 1 ounce.

**Daily servings:** 5 OUNCES OF PROTEIN

