

SPLIT PEAS



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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CHARACTERISTICS

- Split peas are a type of legume and can be eaten as a vegetable or protein. They can be either green or yellow. Green split peas have a slightly sweet flavor and yellow peas are more mild.
- They are a great source of folate, thiamin, iron, and potassium.
- 1 cup of cooked split peas contains:
 - 33% of your daily recommended value of protein to build bones, muscles, cartilage, skin, and blood
 - 58% of your daily recommended value of dietary fiber to keep you full and help lower cholesterol and blood pressure



PREPARE

Split peas that are in halves (not whole peas) do not need to be soaked in water before cooking. To cook:

1. Rinse split peas and remove any shriveled peas or pebbles.
2. Combine 1 part split peas with 2 parts water in a saucepan. Bring to a boil over medium-high heat.
3. Reduce heat and simmer, uncovered, for 20-30 minutes or until smooth.

Try split peas:

- *Added* to soups or salads for extra protein and nutrients
- *Pureed* with spices in a blender or food processor to make dips
- *Roasted and seasoned* for a protein-packed snack

STORE

- Dry split peas can be stored indefinitely in the pantry. Their color may fade after a long time, but their flavor is usually not affected by this.
- Cooked split peas can be stored in the refrigerator for up to 1 week, or in the freezer for up to 6 months.