**SPLIT PEAS**

**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.