



WHAT'S FRESH? SPLIT PEAS



Yellow split peas have a soft texture and a mild flavor. They work great as a base for soups, and can also be substituted for lentils in your favorite recipes. You can experiment with split peas using the tips below, or consult the other side of this handout for recipe ideas.

They're naturally good!

- Low in fat
- High in protein
- Good source of dietary fiber
- High in B vitamins, especially folate and thiamin

Storage Tips:

- Store dried split peas in an airtight container, away from light.
- Try not to keep longer than 1 year.
- Cooked split peas will last up to 1 week in the refrigerator.

Preparation Tips:

- Spread out split peas on a clean kitchen towel or rimmed baking sheet.
- Pick out and discard any shriveled or broken peas, stones or debris.
- Rinse under cold water 2-3 times, until water becomes clear.

To soak or not to soak?

Dried split peas cook relatively quickly without the need for soaking, but you can soak overnight in cold water to reduce the cook time for the following day.

Ways to Cook Split Peas:

- **Boil and simmer over the stovetop.** Bring about 1.5 cups of water or broth to a boil for every cup of split peas. Add the split peas, allow water to return to boiling, reduce heat, partially cover pan, and simmer for 30 to 45 minutes, depending on the variety. Cooking times may be longer at higher altitudes.
- **Add split peas dry to soups & stews.** Just be sure that there is enough liquid (1.5 cups to every 1 cup of split peas) to compensate for absorption and expansion.
- **Soak overnight.** You can reduce the cook time for split peas by placing them in water over night. Just make sure there is 2 inches of cold water above the amount of peas you wish to cook the next day.



MAKE IT A MEAL: RECIPES



Yellow Split Pea Soup

Ingredients:

5 cups water or broth	2 Tbsp. canola or vegetable oil
2 cups dried yellow split peas	1 tsp. dried sage or 1 tsp dried oregano
1/2 cup diced carrots	2 tsp. salt
1 medium onion, chopped	2 tsp. black pepper
1/2 cup pulled pork, bacon, shredded loin or canned	1 large potato, diced
1 Tbsp. fresh mint or 1 Tbsp. fresh basil (optional)	

Directions:

1. Heat oil in a large pot over medium high heat. Once hot, add onion and sauté until soft, about 5 minutes.
2. Add yellow split peas, meat, potato, carrot, sage or oregano, salt, and black pepper. Stir and add liquid.
3. Bring mixture to a boil and then reduce to a simmer and cover. Cook for 2-2.5 hours or until peas begin to lose their shape and soften. Stir occasionally, about every 25-30 minutes. If needed, add additional liquid in 1-cup increments.
4. Enjoy with your favorite toppings like fresh mint or basil.

Yellow Split Pea Curry

Ingredients:

5 cups water or broth	2 tsp. ground cumin or 1 Tbsp. fresh cilantro
2 cups dried yellow split peas	2 tsp. black pepper
2 Tbsp. oil	1 tsp. cinnamon
1 medium onion, chopped	8 oz. tomato sauce or 1/4 cup ketchup
2 Tbsp. yellow mustard	1 minced jalapeno (optional)
2 tsp. turmeric or 2 tsp. curry powder (optional)	

Directions:

1. Heat oil in a large pot over medium high heat. When the oil is hot, add onion and jalapeno (if using), sauté until veggies are soft, about 5 minutes.
2. Add the yellow split peas and stir constantly for 2-3 minutes. Add water or broth, reduce heat to a simmer, and add remaining ingredients. Cover pot. Let simmer for about an hour, make sure to check on the liquid levels and stir every 15-20 minutes. If the dal becomes too thick, add more liquid in 1 cup increments.
3. Top with your favorite toppings and serve over brown rice.

Yellow Split Pea Fritters

Ingredients:

1 cup yellow split peas, soaked 4+ hours	1 1/2 tsp. cumin
1 medium onion, chopped	3/4 tsp. salt
2-3 cloves garlic, peeled and chopped	oil, for shallow frying
1 handful cilantro, chopped	

Directions:

1. Soak yellow split peas for a minimum of 4 hours. Drain and rinse.
2. Add all ingredients to a food processor and pulse until combined.
3. Heat oil in a skillet. Scoop a spoonful of the mixture into your hand and form into a loose ball. Add to pan and flatten with a spatula. Be careful not to overcrowd.
4. Cook until golden brown, approximately 3 minutes, flip and repeat until cooked on the other side.

Yellow Split Pea Hummus

Ingredients:

1 cup dry yellow split peas	1 Tbsp. ground cumin or black pepper
3 cups water	1/2 tsp. salt
1/4 cup tahini OR use leftover cooking liquid	1/4 cup oil
2 garlic cloves or 2 tsp. garlic powder	2 Tbsp. lemon juice
Crackers, veggies, pita, for serving	

Directions:

1. Add the yellow split peas and water in a medium saucepan over high heat. Boil, stir, then reduce heat, cover, and simmer until the split peas are very tender (almost mushy) and most liquid is absorbed, about 30-40 minutes.
2. Transfer the cooked split peas to a food processor. Add in the tahini, garlic, lemon juice, cumin, and salt. Pulse until very smooth—you may need to scrape down the sides occasionally.
3. With the food processor running, stream in the oil, and continue to run until just combined. Taste for seasoning, adding more salt if necessary, and then serve with crackers, veggies, or pita for dipping.