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

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

- 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.

Waste Less

- 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 ½ 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

**Split Pea Salad**

*Ingredients:*
- ½ cup dry **split peas** (green, yellow or a mix)
- 1 ½ cups **water** or **broth** (any flavor)
- 2 green onions, sliced, or ¼ cup **sweet onion**, chopped finely
- 1 cup **tomatoes**, diced
- ¼ cup fresh **parsley**, chopped
- ¼ 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.