

Give Them More Good Stuff!

# **Split Pea Basics**

Split peas are an excellent source

# 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



## Store Well Waste Less

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.



• For longer storage, freeze cooked split peas for up to 3 months. Divide into amounts suitable for a single use.

## 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
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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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## **Enjoy Split Peas**

### Split Pea Soup

#### **Ingredients:**

cup sliced or grated carrots
 cup chopped onion
 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 Visit FoodHero.org for more recipes using split peas.



## Split Pea Salad

#### **Ingredients:**

<sup>1</sup>/<sub>2</sub> cup dry **split peas** (green, yellow or a mix)

1<sup>1</sup>/<sub>2</sub> cups **water** or **broth** (any flavor) 2 **green onions**, sliced, or <sup>1</sup>/<sub>4</sub> cup

sweet onion, chopped finely

1 cup tomatoes, diced

<sup>1</sup>/<sub>4</sub> cup fresh **parsley**, chopped

<sup>1</sup>/4 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.

Kids Can! When l are mo find plan