

Split Pea Soup, Salad, Salsa and More!

Using Split Peas in Your Recipes

Pulse foods include chickpeas (or garbanzo beans), lentils and split peas.

These inexpensive foods provide protein, complex carbohydrates, and several vitamins and minerals. Like other plant-based foods, they contain no cholesterol and little fat or sodium. They are an excellent source of fiber and folate, along with many other vitamins and minerals. Try split peas in soup, salsa and salad, which are recipes featured on Page 2 of this handout.



Preparing Dry (Uncooked) Peas

You can find split and whole peas in the grocery store in plastic bags and, sometimes, in bulk. Be sure to store uncooked peas in a cool, dark place. Dry peas have a long storage life. Refrigerate dishes containing cooked peas within two hours and use the leftovers within about three days.

Follow these steps to prepare split peas or whole peas.

- **Split peas:**

- Split peas do not require an overnight soaking. Use 2 cups of water for each

cup of dry peas. Heat water to boiling, then simmer split peas for about 30 minutes to desired tenderness (or according to the package directions).

- **Whole peas:**

- Soak whole peas in water overnight or use one of the methods under “Preparing Chickpeas.”
- To cook: After soaking, cook whole peas for 35 to 40 minutes to desired tenderness (or according to the package directions).

Yield: 1 cup split peas + 2 cups water = about 2 cups of cooked split peas.

See www.ag.ndsu.edu/food for more information and recipes. Click on pulse crops.

Key to abbreviations

c. = cup	oz. = ounce
tsp. = teaspoon	g = gram
Tbsp. = tablespoon	mg = milligram



Split Pea Salsa

- 1 c. dry green or yellow split peas, rinsed
- 2½ c. water
- 1 (19-oz.) can black beans, drained and rinsed
- 2 c. frozen corn
- ½ red bell pepper, chopped
- ¼ c. fresh cilantro, chopped
- ¼ c. lime juice
- 2 medium tomatoes, diced
- ½ c. onion, diced
- 1 tsp. ground cumin
- Optional seasonings (cayenne pepper, hot sauce, etc.)

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips.

Makes 10 servings. Each serving has 110 calories, 0.5 g fat, 5 g protein, 20 g carbohydrate, 4 g fiber and 250 mg sodium.

Country-style Split Pea Soup

- 1 c. onion, diced
- 1 leek, thinly sliced
- 2 cloves garlic, minced
- 1 Tbsp. canola oil
- 1¼ c. green or yellow split peas, rinsed
- 1 c. celery, diced
- 2 medium carrots, peeled and sliced
- 2 medium potatoes, peeled and diced
- 3 c. water
- 3 c. chicken broth
- 1 bay leaf
- ¼ c. fresh parsley, chopped, or 2 tsp. dried
- 1 Tbsp. seasoned salt
- ½ tsp. ground pepper
- 1 c. cooked ham, diced (optional)
- 1 c. plain nonfat/low-fat yogurt (optional)

In a large, heavy saucepan, sauté onion, leek, celery and garlic until they are tender, about five minutes. Add peas, broth, water, bay leaf, parsley, seasoned salt and pepper. Bring to a boil. Reduce heat, cover and simmer, stirring occasionally, for about 40 minutes, or until peas are tender. Add the carrots, potatoes and ham (optional) to the soup. Cover and simmer about 15 to 20 minutes, or until vegetables are tender but retain their shape. Add water, if necessary, to thin soup. Reduce heat.

Optional: Add plain yogurt and cook for five minutes. (Do not boil.)

Makes 12 servings. Each serving has 120 calories, 1 g fat, 6 g protein, 20 g carbohydrate, 6 g fiber and 500 mg sodium.



Split Pea Pasta Salad

- ½ c. dry green split peas
- 1½ c. water
- 16 oz. ham, cubed
- 2/3 c. Italian dressing (light)
- 8 oz. bowtie pasta
- 1½ c. bell pepper, chopped
- Salt and pepper to taste
- Optional (sliced black olives)

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are just tender (about 20 minutes). Drain and transfer to a large bowl. Add dressing and set aside. Meanwhile, cook pasta until al dente. Toss pasta, peas, pepper and ham. Add salt and pepper. Serve warm or chill and serve cold.

Makes 12 servings. Each serving has 150 calories, 4.5 g fat, 9 g protein, 19 g carbohydrate, 2 g fiber and 500 mg sodium.

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Visit www.northernpulse.com for more information.



For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

For more information on this and other topics, see www.ag.ndsu.edu

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