

# Split Pea Bruschetta

Top each slice with a bite size dollop of the pea mixture, garnish with a dash of sour cream or goat cheese and fresh chives and lemon zest or fresh ground black pepper!

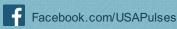
PREP TIME: 20 MINUTES INCLUDING ASSEMBLY OF THE BRUSCHETTA

**COOK TIME: 35 MINUTES** 

Nutrition Facts per Each Bruschetta (based on 35 servings): Calories 49 | Total Fat 0.5 g | Saturated Fat 0 g | Cholesterol 0 mg | Sodium 24 mg | Carbohydrates 8 g | Dietary Fiber 3 g | Protein 3 g







For additional pulse recipes, visit www.cookingwithpulses.com



## Split Pea Bruschetta

### **INGREDIENTS**

Dried split peas 2 cups
Water 4 cups
Garlic, minced fine 1 tbls
Shallots, minced 1 tbls
Tarragon, minced 2 tsp
Lemon zest 2 tsp
Lemon juice 1 tbls

Grape seed or vegetable oil

2 sweet potatoes

Kosher salt

Fresh ground pepper

### **DIRECTIONS**

- 1. In a medium sauce pan on medium heat, sauté half the shallots in oil with 2 tsp kosher salt until just starting to translucent, about 3 mins. Add garlic and sauté 3 minutes more.
- Add water and split peas and bring to a boil. Cook for 30 minutes until very tender but not mush.
- 3. Remove half the mixture and cool while then remaining split peas cook until falling apart and no liquid remains
- 4. Mix the cooled and overcooked mixture together and add remaining minced shallots, tarragon, lemon zest and juice. Season with salt and pepper and chill the mixture while you prepare the sweet potatoes. This part can be made up to 3 days ahead of time.

#### SWEET POTATO CHIPS: PREHEAT OVEN TO 375 DEGREES

- 1. Slice very thin, about 1/16th of an inch
- 2. Spread sliced sweet potato in a single layer on an oiled sheet pan and brush with oil
- 3. Season sweet potato sliced with kosher salt and ground cumin
- 4. Bake for about 15 minutes until edges are crispy and golden brown. Keep your eye on these, they like to turn from golden brown to overcooked quickly.

Contact:

**Jessie Hunter** 

**USA Dry Pea & Lentil Council** 

PHONE: (208) 882-3023 EMAIL: info@usapulses.org

