



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



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INGREDIENTS

Dried split peas	2 cups
Water	4 cups
Garlic, minced fine	1 tbsl
Shallots, minced	1 tbsl
Tarragon, minced	2 tsp
Lemon zest	2 tsp
Lemon juice	1 tbsl
2 sweet potatoes	
Grape seed or vegetable oil	
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.*
- 2. 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.*

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