

✓ PROTEIN PACKED

✓ FILLING

✓ EASY TO COOK AND  
ADD TO MEALS

# all about SPLIT PEAS

Yellow and green split peas are a good source of protein and an excellent source of fiber. Split peas are quick and easy to cook too!



## Let's Get Cooking!

Cut down on prep time by cooking a batch of split peas and storing in the fridge or freezer to add to recipes all week long (see back side for cooking and storage instructions).



### Pork and Pea Stew

**Total time: 50 min**

**Serves: 4-6**

- 1 ham hock
- 1 lb. ham, diced
- 1 lb. bacon, diced
- 2 cups dry split green peas, rinsed & drained (uncooked)
- 2 Tbsp cooking oil
- 1 onion, diced
- 4 celery stalks, diced
- 4 large carrots, diced
- 4 potatoes, diced
- 32 oz low sodium chicken broth or water
- 1 tsp salt
- 1 tsp black pepper

Heat large pot over medium heat. Add cooking oil. Once hot, add onion and sauté for 2 minutes. Add diced bacon. After 2 minutes, add carrots, celery, and potatoes to pot. Continue cooking until bacon begins to get crispy.

Add ham hock a diced ham. Cook for 2 more minutes. Stir in the dry green split peas, adding 1 tsp salt and 1 tsp pepper. Cook 2 more minutes. Add chicken broth (or water) until it covers the peas and vegetables. Bring to a boil. Then reduce heat to a simmer for 25-30 minutes. Stew is now ready to serve. Enjoy!



### Sweet Pea Pancakes

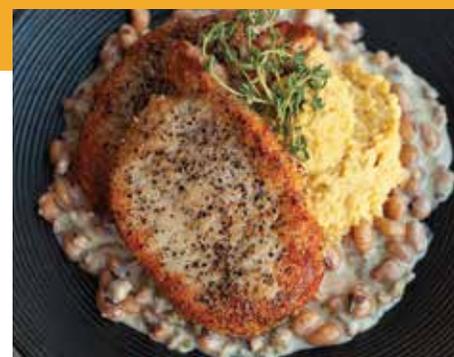
**Total Time: 25 min (plus soaking time)**

**Yields: 8 pancakes**

- 2 ½ cups pancake mix
- 1 cup water
- 1 cup split yellow peas (cooked and well drained; see back side for details)
- ¼ cup honey or brown sugar
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ½ tsp salt
- ½ cup butter
- Optional Toppings:  
syrup, jam, peanut butter

Add pancake mix to medium sized bowl. Slowly stir in water until well mixed. In a separate medium sized bowl, add yellow peas and mash with fork. Once well mashed, add 1 Tbsp butter, honey or brown sugar, cinnamon, vanilla, and salt. Mix until pureed. Add to pancake mix and stir until well blended.

Heat frying pan over medium heat. Add 2 Tbsp oil. Once heated, add ½ cup pancake mix at a time, forming pancakes. Cook for approximately 1 to 1 ½ minutes on each side. Remove from pan, add toppings and enjoy!



### Pork Chops with Smashed Yellow Peas & Black Eyed Pea Gravy

**Serves: 4**

- 4 pork chops
- 2 Tbsp cooking oil
- 2 cups split yellow peas (cooked and drained; see backside for directions)
- ¼ cup + 2 Tbsp butter
- ¼ cup cream
- 1 onion, diced
- 1 can black eyed peas (do not drain)
- ⅓ cup flour
- 1 cup milk
- Salt & black pepper to taste

Place the cooked peas in a medium bowl and mash with a fork or potato masher. Once peas are smashed, stir in ¼ cup butter, cream, and ¼ tsp salt.

Heat pan with 2 Tbsp oil. Once hot, add pork chops seasoned with salt & pepper and cook to an internal temp. of 145°F approx. 4 min. per side. Remove from pan.

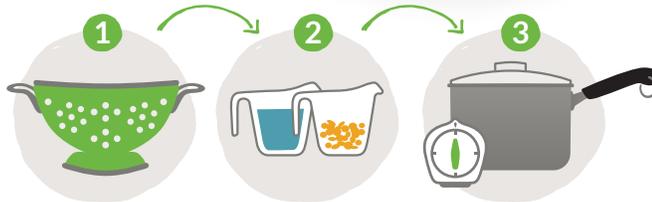
Add 2 Tbsp butter, onion, and black eyed peas to the pan, scraping the pan. Once onions soften, add flour, 1 tsp salt, 1 tsp pepper and stir until thickened. Slowly pour in the milk, stirring the entire time. Serve smashed peas and pork chops with gravy on top.

For more recipes visit: [www.usapulses.org/TIPS](http://www.usapulses.org/TIPS)

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## How to Cook Dry Split Peas



1. Rinse split peas with water—no need to soak!
2. Combine split peas and water, bring to a boil.  
 For every cup of split peas, use 2 cups of water.
3. Simmer for 35-40 minutes.

**TIP:** ½ cup dry = 1 cup cooked

## Easy Swaps

Not sure how to use split peas in your favorite recipes? Try these easy swaps for other common ingredients.



### Mac and Cheese

Make mac and cheese healthier by adding protein and fiber. Just replace half of the cheese sauce with pureed split yellow peas.

### REPLACE THIS

½ CHEESE OR CHEESE SAUCE

### WITH THIS

COOKED SPLIT PEAS



### Lasagna or Pasta Sauce

Replace half or all of the meat with cooked split peas. To improve texture, consider mashing the split peas before adding the sauce and your other ingredients.

½ OR ALL MEAT

COOKED SPLIT PEAS



### Soups/Casseroles

Replace half the meat or grains with split peas to reduce cost and add filling fiber to your meals.

½ OR ALL MEAT OR GRAINS

COOKED SPLIT PEAS

## How to Store

### PANTRY

#### DRY SPLIT PEAS

*Store Time: Up to 1 Year*

If stored for longer, split peas may require longer cooking times to soften.

#### CANNED SPLIT PEAS (sealed)

*Store Time: Several Years*

*TIP: Store dry and canned split peas in a dark, dry and cool place for lasting freshness.*

### REFRIGERATOR

#### COOKED OR CANNED SPLIT PEAS (opened)

*Store Time: Up to 5 Days*

Sealed in airtight container in cooking liquid or covered with water.

#### SOUPS, CHILI AND CURRIES

*Store Time: Up to 5 Days*

Store in sealed, airtight container.

### FREEZER

#### COOKED SPLIT PEAS

*Store Time: 6 Months*

After split peas have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

#### SOUPS, CHILI AND CURRIES

*Store Time: 3-6 Months*

Store in sealed, airtight container.

*TIP: To thaw frozen split peas or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.*



For more recipes or information, please visit:

[www.usapulses.org/TIPS](http://www.usapulses.org/TIPS) or follow us on

social media @USAPulses