



# Split Peas

Split peas – both green and yellow – are in the pulse family with beans, peas, and lentils. Split peas are mature, dry peas that have been split in half.



## Nutrition

- Like other pulses, split peas are a source of carbohydrates, fiber, and protein, along with many vitamins and minerals, including folate, potassium, iron, and sodium.
- On their own, split peas do not have any significant amount of fat.
- A quarter cup of dry peas contains around 60 calories, 4g protein, 10g carbohydrates, and 4g fiber.



## Shopping

- Unlike other pulses that you might find ready-to-eat out of a can, split peas are sold dry. (Unless you buy a can of split pea soup.)
- Look for split peas that are a deep color – either yellow or green. Avoid peas that appear faded in color, which may mean the peas are old.



## Price

- Dry pulses are inexpensive, though the exact price will vary by your local stores.
- At a central Illinois store, a 1-pound bag (around 2 cups of peas) costs \$1.85.

**I ILLINOIS**

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES





# Split Peas



## Storage

- Keep dry peas at room temperature in a cool, dark area.
- If the peas came in a bag, move them to an airtight container for better long-term quality.
- Peas will keep at peak quality for around a year.



## Preparation

- Always “sort and rinse” dry split peas.
  - "Sorting" mean looking through dry peas for rocks, broken peas, and non-split pea pulses and remove them.
  - Rinse dry peas under cool water before adding to recipes. This helps remove dust and dirt.
- Split peas do not need soaking before cooking.



## Eat

- Split Pea Soup might be the best-known use of split peas.
- Also try split peas in bean dips, like hummus, and chowder recipes.

**I ILLINOIS**

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES