



# 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

- A quarter cup of dry split peas contains around 180 calories, 30g carbohydrates, 11g fiber, and 11g protein.
- Split peas are a source of vitamins and minerals, including folate, vitamin K, iron, and zinc.
- They do not contain significant amounts of fat or sodium.



## Shopping

- Split peas are commonly sold dry in bags.
- Look for split peas that are a deep color – either yellow or green.
- Avoid peas that appear faded in color or wrinkled, which may mean the peas are old.



## Price

- Dry pulses are inexpensive, though the exact price will vary by your local stores.



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## 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.



## Eat

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



## Preparation

- *Sorted and rinse.* Many recipes using dry pulses will have instructions to “sort and rinse.”
  - To sort them, look through the dry peas for rocks, broken peas, and pulses that aren't split peas and remove them.
  - To rinse, add peas to a colander and rinse under cool water. This removes dust and soil left behind from being at the packing plant.
- *No soak.* Like lentils and black-eyed peas, split peas do not need to be soaked before cooking.



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