You Can Cook! Yellow Split Peas

Sort peas. Remove rocks, broken peas, or other debris.

Rinse split peas in cold water.

Add rinsed peas to a pot.

Add twice as much water as peas. For one cup of dried peas, add two cups of water.


Storage Tip - Dry Peas
Add dry split peas to an airtight container. Store in a dry, cool area.

For recipes, visit https://go.Illinois.edu/EatMoveSave

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5 Ways to Eat Cooked Yellow Split Peas

Try split peas in a corn-potato chowder.

Swap cooked split peas for chickpeas in hummus dip.

Add cooked split peas to pasta and grain salads.

Split Pea Soup

Split peas pair nicely with curry sauces.

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