

Illinois Extension



Yellow Split Pea Soup

(serves 6)

Try this soup topped with cooked bacon and fresh parsley. Serve with a green salad and bread for dipping.



Ingredients

1 Tbsp oil
Half of a large onion, chopped
1 medium carrot, diced
1 medium stalk celery, diced
1 clove garlic, minced
1 cup dry yellow split peas
4 cups reduced-sodium vegetable or chicken broth

Directions

1. Wash hands with soap and water.
2. Wash produce under cool water. Prepare as directed in *Ingredients*.
3. Add oil and onion to a large pot over medium heat. Cook 3-5 minutes, stirring regularly, until onion becomes translucent.
4. Add carrot, celery, and garlic. Cover pot with lid. Cook 5-10 minutes until vegetables are tender. Stir regularly to prevent sticking.
5. While vegetables cook, sort through peas. Remove rocks and broken peas. Rinse peas under cold water.
6. Add peas and broth to pot. Bring to a boil. Reduce heat and cover with lid. Cook 40 minutes or until peas are tender. Stir occasionally.
7. Season with *salt and pepper* to taste.
8. Divide leftovers into small containers. Cover and refrigerate within 2 hours. Eat within 4 days.

Tip: Ham is a classic addition to split pea soup recipes. Mix in 1/2 cup of cooked ham at Step 5 to add more protein and saltiness.

Nutrition Facts per serving: 160 calories, 3g fat, 360mg sodium, 25g carbohydrates, 9g dietary fiber, 8g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension

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Yellow Split Pea and Corn Chowder

(serves 6)

This stick-to-your-ribs chowder is a great partner for a salad or sandwich.



Ingredients

1 Tbsp oil
Half of a white onion, diced
2 medium stalks celery, diced
3 cloves garlic, minced
1 medium russet potato, peeled and cubed
1 cup frozen sweet corn (Tip 1)
1/2 cup dry yellow split peas, sorted and rinsed under cold water
4 cups reduced-sodium vegetable or chicken broth
1 bay leaf
1/2 cup whole milk
1/2 tsp salt
1/4 tsp pepper

Directions

1. Wash hands with soap and water.
2. Wash produce under cool water. Prepare as directed in *Ingredients*.
3. Add oil and onion to a large pot over medium heat. Cook 3-5 minutes, stirring regularly, until onion becomes translucent.
4. Add celery and garlic. Cook 3-5 minutes until celery is tender. Stir regularly to prevent sticking.
5. Add potato, corn, split peas, broth, and bay leaf. Bring to a boil. Reduce heat and cover with lid. Cook 30 minutes or until peas are tender.
6. Remove bay leaf. Stir in milk, salt, and pepper. Continue to cook until heated through.
7. Divide leftovers into small containers. Cover and refrigerate within 2 hours. Eat within 4 days.

Tip 1: Replace frozen corn with 1 (8-oz) can of sweet corn. Drain liquid from corn before adding to chowder.

Nutrition Facts per serving: 160 calories, 4g fat, 590mg sodium, 25g carbohydrates, 6g dietary fiber, 8g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension

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Yellow Split Pea Hummus

(serves 8 (2 Tbsp))

While not the traditional pulse used in hummus, eat with crackers or veggie sticks or spread on a sandwich.



Ingredients

1/2 cup dry yellow split peas
1 clove garlic
2 Tbsp oil
1 tsp lemon juice
1/4 tsp salt
1/4 tsp cumin (optional)

Directions

1. Wash hands with soap and water.
2. Sort through peas. Remove rocks and broken peas. Rinse under cool water.
3. To a medium pot, add split peas and *1 1/2 cups water*. Bring to a boil. Reduce heat and cover. Cook 30 minutes or until peas are tender. Drain any excess water from peas.
4. To a food processor, add cooked peas, garlic, oil, lemon juice, salt, and cumin (if using). Blend until smooth, about 2 minutes.
5. Serve warm with chips or vegetables. Or cover, refrigerate, and use within 4 days.

Nutrition Facts per serving: 80 calories, 4g fat, 75mg sodium, 8g carbohydrates, 3g dietary fiber, 3g protein

Recipe by Caitlin Mellendorf, University of Illinois Extension