



# Lemony Yellow Split Pea Salad

## With Garlic and Ginger



### Ingredients



Recipe adapted from Sunset Cookbook

- 2 T extra-virgin olive oil
- 2 tsp. finely minced garlic (about 3-4 cloves garlic)
- 2 cups yellow split peas,
- 4 cups chicken or vegetable stock
- 1 T minced fresh ginger root or powder
- 1 T lemon zest (grated lemon peel)
- 1/4 cup lemon juice (fresh squeezed or bottled)
- salt and fresh ground black pepper to taste
- chopped cilantro to sprinkle on at serving time (optional)
- additional lemon wedges to squeeze on at serving time (optional)



### Directions



1. Put yellow split peas in a bowl and sort. Rinse with cold water and drain.
2. Finely mince 3-4 garlic cloves to make 2 tsp. minced garlic. Heat olive oil in a small pot, add garlic and saute about 1 minute. Add yellow split peas and stir so all the split peas get coated with oil.
3. Add stock and bring to a low simmer, then cover simmer until split peas are soft and liquid is mostly absorbed, about 30-45 minutes.
4. While split peas are cooking, zest the lemons, then squeeze the juice. Finely mince fresh ginger root to make 1 T minced ginger.
5. When split peas are soft and most of the liquid is absorbed, season to taste with salt and pepper and stir in the lemon zest, minced ginger, and lemon juice. Put the lid back on and let the split peas rest 10-15 minutes to develop flavors.
6. Serve warm, with chopped cilantro and lemon wedges to guests to use at the table if desired.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



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## Nutrition Facts



| Lemony Yellow Split Pea Salad   |            |                |
|---|------------|----------------|
| <b>Nutrition Facts</b>  |            |                |
| Serving Size: 1 x 8 Serving   |            |                |
| Amount Per Serving  |            | % Daily Value* |
| <b>Calories</b>   | 147.2 kcal | 7 %            |
| <b>Total Fat</b>  | 5.7 g      | 9 %            |
| Saturated Fat   | 0.9 g      | 5 %            |
| Trans Fat   | 0 g        |                |
| <b>Cholesterol</b>  | 0 mg       | 0 %            |
| <b>Sodium</b>   | 49.6 mg    | 2 %            |
| <b>Total Carbohydrate</b>   | 16.8 g     | 6 %            |
| Dietary Fiber   | 7 g        | 28 %           |
| Sugars  | 0.9 g      |                |
| <b>Protein</b>  | 8.7 g      | 17 %           |
| Vitamin A   | 0 %        | Vitamin C 7 %  |
| Calcium   | 2 %        | Iron 7 %       |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |            |                |
| Full Info at <a href="http://cronometer.com">cronometer.com</a>   |            |                |

## Cooking Tips



- .Have fresh lemons? Use the fresh squeezed juice and zest
- To make a meal, add on top of a bed of whole grain rice
- Add split pea salad to a bed of greens (spinach, salad, kale)

Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



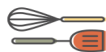
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