



Split Pea Salad with Lemon and Garlic



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



Yield: 6 servings **Serving size:** 1 cup

Total cost: \$2.43 **Serving cost:** \$0.41

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 to find more recipes, free classes, and ways to get involved!



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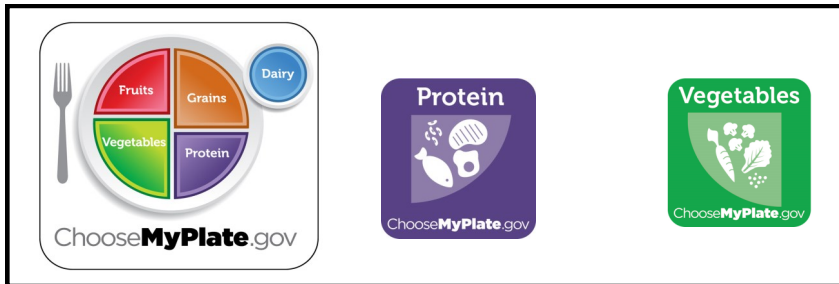
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Fast Facts



Featured Food Groups



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)

Nutrition Facts

6 servings per container

Serving size 1

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.71g 4%

Trans Fat 0g

Polyunsaturated Fat 0.59g

Monounsaturated Fat 3.35g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 16g 6%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes < 1g Added Sugars 2%

Sugar Alcohol 0g

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 19.5mg 2%

Iron 0.99mg 6%

Potassium 385mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

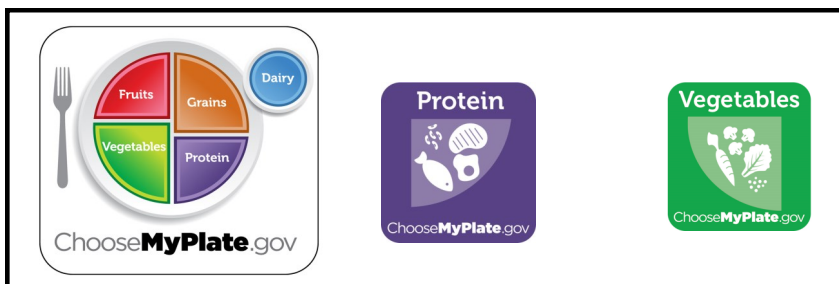
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