



Recipes and Shopping List

Week 4: Split Peas



Split Pea Breakfast Bowl

Serves: 4 | Time: 20 minutes

Ingredients

- 1 cup dry green split peas (makes 2-cup serving)
- 1 cup canned coconut milk
- 4 hard-boiled eggs, sliced
- 1 tomato, sliced
- 1 avocado, sliced
- Salt and pepper

Instructions

1. Place split peas in a sauce pot with coconut milk. Cook over medium heat until combined and creamy. Season to taste.
2. Divide peas between four plates and top each serving with sliced egg, avocado and tomato.



Pea and Carrot Salad

Serves: 4 | Time: 20 minutes

Ingredients

- 2 large carrots
- 1 cup dry green split peas
- 2 cups water
- ½ cup chopped parsley
- 2 tbsp olive oil
- 1 lime

Instructions

1. Pre-cook split peas (Bring 1 cup of dry split peas and 2 cups water to a boil, then simmer for 12-15 minutes, until al'dente); drain and place in bowl.
2. Thinly slice carrots and put them in a bowl with the split peas. Add the parsley, olive oil and juice and zest from one lime. Toss to combine, then serve.



Double Pea Rice Bowl

Serves: 4 | Time: 10 minutes

Ingredients

- 1 cup dry green split peas
- 2 cups cooked rice (brown preferred)
- 1 cup fresh or frozen peas
- ½ red onion, diced
- 2 tbsp olive oil
- ½ cup toasted pine nuts
- Salt and pepper

Instructions

1. Pre-cook split peas (Bring 1 cup of dry split peas and 2 cups water to a boil, then simmer for 12-15 minutes, until al'dente); drain and place in a large bowl.
2. Add rice, fresh peas and red onion to the split peas.
3. Drizzle with olive oil and toss. Season to taste then divide among four bowls.
4. Top each serving with a sprinkle of pine nuts.

Shopping List — Week 4

PRODUCE

- 1 tomato
- 1 avocado
- 2 large carrots
- 1 lime
- 1 cup fresh or frozen peas
- 1 red onion
- 1 bunch fresh parsley

DAIRY AND MEAT

- 4 eggs

DRY GOODS

- 3 cups dry green split peas
- 1 can coconut milk
- 2 cups white or brown rice
- ½ cup pine nuts

PANTRY

- Olive Oil
- Salt
- Pepper



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