



Recipes and Shopping List

Week 3: Split Peas



Split Pea Caprese Salad

Serves: 4 | Time: 20 minutes

Ingredients

- 2 cups yellow split peas, cooked and lightly rinsed in cold water (1 cup dry)
- 2 cups cherry tomatoes, halved
- 1 cup fresh mozzarella pearls
- ½ cup fresh basil leaves
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

Instructions

1. If the yellow split peas are not yet cooked, place 1 cup dry peas in a pot with 1 and ½ cups water. Cook until the water is absorbed and peas are soft but not mushy. Rinse with cold water.
2. Combine the split peas, cherry tomatoes, mozzarella and basil in a bowl. Drizzle with balsamic vinegar and olive oil. Toss to coat, then season with salt and pepper before serving.



Cheesy Split Pea Dip

Serves: 4 | Time: 10 minutes

Ingredients

- 2 cups cooked yellow split peas (1 cup dry)
- 8-oz goat cheese
- ¼ cup olive oil
- ¼ cup water
- ½ tsp paprika
- Assorted veggies or bread for dipping

Instructions

1. If the yellow split peas are not yet cooked, place 1 cup dry peas in a pot with 2 cups of water over medium-high heat. Cook until all of the water is absorbed.
2. Place all ingredients in a food processor and pulse until very smooth. Season to taste with salt and pepper. Transfer to a bowl and serve with assorted fresh vegetables or bread.



Cauliflower and Split Pea Soup

Serves: 4 | Time: 20–40 minutes

Ingredients

- 2 cups yellow split peas, cooked (1 cup dry)
- 1 yellow onion, chopped
- 2 cloves garlic, diced
- 2 cups cauliflower florets
- 1 tbsp fresh thyme
- 4 cups chicken broth

Instructions

1. Heat 1 tbsp olive oil in a large soup pot. Add the onions, cook for 2 minutes then add the garlic and cauliflower. Cook for 5 minutes before adding the split peas (dry or cooked), thyme, chicken broth and water.
2. If you are using dry yellow split peas, add 2 cups of water and cook for 30 minutes. If you are using pre-cooked yellow split peas, cook for 15 minutes. Season to taste with salt and pepper before serving.

Tip: for a creamier soup, use an immersion blender to blend until smooth before serving.

Shopping List — Week 3

PRODUCE

- ☐ 2 cups cherry tomatoes
- ☐ ½ cup fresh basil leaves
- ☐ 1 large head of cauliflower
- ☐ 1 yellow onion
- ☐ 2 cloves garlic
- ☐ 1 tbsp fresh thyme

DAIRY AND MEAT

- ☐ 1 cup fresh mozzarella pearls
- ☐ 8-oz soft goat cheese

DRY GOODS

- ☐ 6 cups cooked yellow split peas (3 cups dry yellow split peas)
- ☐ ½ tsp paprika

PANTRY

- ☐ Balsamic vinegar
- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ 4 cups chicken broth



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