

3 EASY STEPS TO

Cook Split Peas

A nutrient powerhouse, split peas are high in potassium, fiber-rich, and effortless to prepare.



1. Rinse split peas with water—no need to soak!



2. Combine split peas and water, bring to a boil.



3. Simmer for 30 minutes.



For every cup of split peas, use 2 cups of water.



1 cup dry =
2 ½ cups cooked

COOKING TIPS



Use unsalted water—salt toughens split peas during cooking.



Acidic ingredients like tomatoes slow cooking. Add them late in the cooking process.



Split peas get softer the longer they cook. Vary cooking time accordingly.

PULSES



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