



## Week 4: Recipes and Shopping List

# Green Split Peas



### Super Green Breakfast Bowl

Serves: 4 | Time: 20 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- ½ cup almond milk
- 2 cups broccoli florets
- 1 avocado, peeled and sliced
- 4 eggs
- 1 tablespoon butter
- Hot sauce (optional)

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Place the cooked split peas in a small saucepan with almond milk. Cook over high heat until the majority of the liquid is absorbed, about 7 minutes. Add the broccoli, cover and cook for an additional 3 minutes.
3. While the peas and broccoli cook, fry four eggs in a buttered nonstick frying pan.
4. Divide split pea and broccoli mixture into four bowls. Top each with an egg and avocado slices, and add salt, pepper and hot sauce if desired before serving.



### Split Pea and Avocado Spring Sandwich

Serves: 4 | Time: 15 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- 8 slices sourdough bread
- 1 avocado, peeled and sliced
- 1 bunch radishes, thinly sliced
- 1 head radicchio, roughly chopped
- 1 large carrot, peeled into ribbons

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine the cooked split peas and avocado in a blender and pulse until combined and smooth. Spread split pea mixture onto all eight slices of bread.
3. Top four slices with radishes, radicchio and carrots, then add remaining slices of bread on top, split pea side down to create four sandwiches.



### Spring Pea Soup

Serves: 4 | Time: 25 minutes

#### Ingredients

- 2 cups cooked (1 cup dry) split green peas
- 4 cups vegetable broth
- 1 large carrot, diced
- 1 bunch asparagus, cut into 1-inch pieces
- 1 package (10-ounces) frozen peas
- 1 bunch scallions, diced

#### Instructions

1. If the split peas are dry, rinse and combine with 2 cups water in a small saucepan over medium-high heat. Cook until all of the liquid is absorbed, about 20 minutes.
2. Combine all ingredients except scallions in a saucepan over medium-high heat. Cover and cook for 20 minutes. Pour soup into four bowls and top with scallions before serving.

## Shopping List — Week 4

### PRODUCE

- 2 cups broccoli florets
- 2 avocados
- 1 bunch radishes
- 1 head radicchio
- 2 large carrots
- 1 bunch asparagus
- 1 bunch scallions

### MEAT AND DAIRY

- 4 eggs
- 1 tablespoon unsalted butter

### FROZEN AND REFRIGERATED

- 1 package (10-ounces) frozen peas

### PANTRY

- 3 cups dry green peas
- 4 cups vegetable broth
- 8 slices sourdough bread
- 1 container almond milk



For more tips and recipes, visit [Pulses.org](https://Pulses.org)