



WIC...

**Healthy Habits,
Healthy Families**

Dry Peas

Dry peas are a good source of fiber, protein and B vitamins. Enjoy dry peas in soups or as a side dish.

Buying dry peas...

- Look for dry peas in 1-pound plastic bags. They are available as whole peas or split peas. Dry peas are green or yellow.
- Check the peas as best you can. Make sure they are not cracked. They should be free of dirt, debris and moisture.

Storing dry peas...

- Store dry peas in an airtight container. Keep them in a cool, dry, dark place.
- Use within 1 year.

Enjoying dry peas...

- Before fixing peas, inspect them. Remove any dirt and debris.
- Split peas do not have to be soaked. For every cup of peas, use 3 cups of water. Bring water and peas to a boil and cook about 30 minutes.
- Whole peas should be soaked in cold water overnight. To cook, use 3 cups of water for every cup of peas. Bring water and peas to a boil and cook about 45-60 minutes.

**Beans, Peas
& Lentils**



**Increase fiber.
Lower the fat.**

Split Pea Soup

www.recipeiland.com

This recipe uses four WIC foods: dry peas, and three vegetables you can buy with your cash-value vouchers.

Makes
8
servings

Ingredients...

- 1 tablespoon vegetable oil
- 1 large carrot, chopped
- 1 large celery stalk, chopped
- 1 medium onion, chopped
- 1 bay leaf
- 8 cups fat-free chicken broth
- 1 pound dry split peas
- 1 teaspoon dried basil
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions...

1. In a large saucepan, heat oil over medium heat. Add carrot, celery, onion and bay leaf. Sauté for 5 minutes.
2. Add broth and split peas. Cover pot and bring to boil over high heat. Lower heat and simmer, covered. Cook until peas are tender and soup is thick, about 60 to 90 minutes.
3. Add basil, salt and pepper.

Nutrition information...

Calories 250, Fat 2.5g, Carbohydrate 38g, Protein 20g, Fiber 16g, Sodium 570mg, Cholesterol 0mg.

Family Goals

- My family and I will try to eat dry peas once a month.
- My family and I will try a new dry pea recipe.
- My family and I will try split pea chowder for dinner.
- My family and I will try split pea soup.
- Other _____



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