



MyPantry

includes vegetables

Summer Split Pea Salad

(Serves 4)

Ingredients:

- 2/3 cup dried green split peas*
- 1½ cups low sodium chicken broth (or water)
- 2 cups of halved cherry tomatoes (or 2 medium tomatoes diced)
- 1 can whole kernel corn, no salt added (drained)*
- 2 tbsp. of dried Italian seasoning
- Juice and zest of 1 lemon 2 tbsp. olive oil
- 1 tbsp. Dijon mustard (or yellow mustard)
- ½ tsp. garlic powder
- 1 tbsp. of brown sugar
- 2 Salt and pepper, to taste

Directions:

1. Combine the split peas and chicken broth (or water) in medium saucepan over high heat. Bring to a boil, stir, then reduce heat, cover, and simmer for about 20 minutes. Split peas should be tender, but not mushy. Drain and cool.
2. Combine the cooked split peas in a large bowl with the tomatoes, corn, and Italian seasoning. Toss well.
3. In a jar with a tight fitting lid, combine the lemon juice and zest, olive oil, mustard, garlic powder, brown sugar, salt and pepper. Close lid and shake well.
4. Pour dressing over the salad and toss to coat.

Chef's Note: If available, you can substitute dried herbs for fresh herbs like parsley, basil, oregano, chives.



* Items typically found in food pantries

Nutrition Facts

| | | |
|---------------------------------|------------------|------------|
| Serving Size | 1 Serving | |
| Amount Per Serving | | |
| Calories | 239 | |
| | % Daily Values* | |
| Total Fat 7.8g | | 12% |
| Saturated Fat 1g | | 5% |
| Polyunsaturated Fat 0.8g | | |
| Monounsaturated Fat 5.1g | | |
| Cholesterol 0mg | | 0% |
| Sodium 387mg | | 16% |
| Total Carbohydrate 39.6g | | 13% |
| Dietary Fiber 10.1g | | 40% |
| Sugars 12.3g | | |
| Protein 10.3g | | |
| Calcium 160mg | | 16% |
| Iron 11.3mg | | 63% |
| Potassium 256mg | | 7% |
| Vitamin A 3666IU | | 73% |
| Vitamin C 69mg | | 115% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MyPlate Food Groups Per Serving:

V 1 1/4 cup Vegetables

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
State Department of
Agriculture



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