Split Peas are part of the “legume” family, along with beans, lentils, and soybeans. They are not to be confused with green peas or “garden peas,” which are considered a starchy vegetable.

Split peas make a great protein substitute due to their high protein content, plus they come with a lot of additional health benefits. ½ cup of cooked split peas contains about 115 calories, 8 grams of protein, and 8 grams of fiber. They are also low in fat, and a good source of folate, iron, and potassium (though not as high as lentils).

The two most common types of split peas are:

- **Green** – most common variety in the United States. They are deep green in color, and found near the dried beans and lentils in most grocery stores.

- **Yellow** - more delicate flavor, popular in many European countries.

**Uses**

Split peas are not just for pea soup! They can be added to other soups, used as a side dish, pureed into dips, turned into curries and other Indian dishes, sprinkled on a salad, or even incorporated into burgers or meatloaf.