



Split Peas

Did You Know?

Iron from plant sources (like split peas) is more difficult for the body to absorb than iron from animal sources.

You can increase the iron absorption from split peas and other vegetarian sources by consuming them with foods high in Vitamin C. Examples of foods high in vitamin C include: citrus fruits, strawberries, kiwis, cantaloupe, broccoli, Brussels sprouts, and bell peppers.

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.



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