



CRISPY SPLIT PEAS

Add some crunch to your dishes with these crunchy split peas or enjoy them as a snack! Change the flavor profile by using different spices and seasonings.

Yield: 6 servings

Serving Size: 1 portion

Ingredients:

- 2/3 cup **split peas** soaked for 4 hours in water
- 1 tbsp **olive oil** or other vegetable oil
- 1/2 tsp **salt**
- 1/2 tsp **cumin**
- 1/4 tsp **chili powder**
- 1/4 tsp **paprika**

Instructions:

1. After soaking the split peas, drain them and then pat them dry using a paper towel.
2. Over medium-high heat, coat a large pan with oil.
3. Once the pan is hot, add the split peas along with the salt and spices. Stir frequently until golden in color and crunch in texture (7-10 minutes).
4. Remove from pan and serve or store in an airtight container.

Per Serving: Calories 98 kcal, Carbohydrates 14.g, Protein 5.3g, Saturated Fat 0.4g, Sodium 200.7mg, Fiber 5.7g, Sugars 1.8g.

This recipe was adapted from Crunchy Split Pea Snack on everylastbite.com

