

BEYOND HUNGER

SPLIT PEA & BASIL PASTA SALAD

Think split peas can only be used to make green split pea soup? Think again! This recipe offers a bright, new idea for cooking with split peas, and we think you'll love it. This pasta salad is light and refreshing and is the perfect side dish to salmon, chicken, or even a veggie burger. We hope you enjoy!

Yield: 6 servings

Ingredients

- 1/2 cup split peas, dried
- 2 cups water
- 3 cups Farfalle (bowtie shaped) pasta
- 5 cups water
- 1/4 cup olive oil
- 1 clove garlic, minced
- 1 tsp dried oregano
- juice of 1 lemon
- 5-6 green onions, sliced
- 1 pint grape tomatoes, sliced in half
- 7-8 leaves fresh basil, chopped
- 1/8 tsp lemon pepper seasoning (optional)
- salt and pepper, to taste

Instructions

1. Bring 2 cups of water to a boil; add split peas and allow to lightly boil for 25 minutes or until split peas are soft. (Do not allow split peas to overcook and get mushy; you want them to be slightly firm to the bite.) Drain split peas and rinse until cool.
2. Bring 5 cups of salted water to a boil; add pasta and cook until al dente (firm to the bite). Drain pasta and rinse until cool.
3. To make the dressing: warm olive oil over medium heat; add garlic and dried oregano and sauté lightly for 1-2 minutes. Remove from heat and add lemon juice. Stir together and set aside until cool.
4. Combine cooled split peas and pasta in a large bowl. Add green onions, tomatoes, basil, and lemon pepper seasoning. Stir to combine.
5. Pour dressing over pasta salad and stir to coat evening. Add salt and pepper to taste. Serve at room temperature or chilled; enjoy!

Per Serving: Calories 327, Protein 14.4 g, Saturated Fat 3.6 g, Sodium 106 mg, Fiber 6.6 g, Total Sugars 4.2 g

This recipe was adapted from PalouseBrand.com.

