



EASY SPLIT PEA SALAD RECIPE

This refreshing and nutritious salad is packed with protein and fiber. Enjoy this fresh and colorful salad as a main entrée or side dish.

Yield: 2 servings

Serving Size: 1 portion

Ingredients:

- 2/3 cup **dried green split peas**
- 1 ½ cups **vegetable broth**
- 2 cups **tomatoes**, diced
- 1 cup frozen **corn kernels**
- 2 tbsp fresh **parsley**, minced (or dried parsley)
- 2 tbsp fresh **basil**, minced (or dried basil)
- 2 tbsp fresh **oregano**, minced or (dried oregano)
- Juice and zest of 1 **lemon**
- 2 tbsp **olive oil**
- 1 tbsp **Dijon mustard**
- 1 tsp **honey**
- ½ tsp **garlic powder**
- **Salt** and **pepper**, to taste

Instructions:

1. In a medium saucepan over high heat combine the split peas and broth. Bring to a boil, stir, then reduce heat, cover, and simmer until the split peas are tender, but not mushy and majority of liquid is absorbed, about 20 minutes.
2. Combine the cooked split peas in a large bowl with the tomatoes, corn, parsley, basil, and oregano. Stir to combine.
3. In a container with a tight-fitting lid, combine the lemon juice and zest, olive oil, Dijon mustard, honey, garlic powder, salt, and pepper. Close and shake well to combine.
4. Pour dressing over the salad and stir well to combine.

Chef's Note: Serve over fresh greens, with pita chips, or on its own.

Per Serving: Calories 506, Carbohydrates 77.7g, Protein 20.3 g, Saturated Fat 2.5 g, Sodium 640.3 mg, Fiber 21.8 g, Sugars 21.4 g

This recipe was adapted from Summer Split Pea Salad Recipe on wholefully.com.

