## **Split Pea Salad**

Makes 2 cups

## Ingredients:

½ cup dry split peas (green, yellow, or a mix) 1½ cups broth (any flavor)

2 green onion

(or ¼ cup onion, finely chopped)

1 cup tomatoes, diced

1/4 cup fresh parsley, chopped

1/4 cup Italian salad dressing

#### **Directions:**

1. In a small saucepan, combine split peas and water or broth. Bring to

a boil. Reduce heat and simmer until just tender but still holding their shape, 20 minutes. Drain if needed. Set aside to cool.

- 2. In a bowl, combine the cooked split peas, onion, tomatoes and parsley. Add the dressing and toss lightly.
- 3. Refrigerate leftovers within 2 hours.

% Daily Value\* Total Fat 3g 0% Saturated Fat 0g Trans Fat 0g Cholesterol 0mg 0% Sodium 220mg 9% 5% Total Carbohydrate 15g Dietary Fiber 6g 24% Sugars 3g Protein 5g Vitamin A 15% Vitamin C 20% Calcium 2% Iron 6% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories: Total Fat 80g Less than Saturated Fat Less than 300mg Cholesterol Less than 300mg 2,400mg Sodium Less than 2.400mg Total Carbohydrate 300a 375a

Source: https://foodhero.org/recipes/split-peasalad

**Nutrition Facts** 

Calories from Fat 25

Serving Size (147g)

Amount Per Serving

Calories 110

Servings Per Container

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# **Nutrition Facts**

Serving Size (147g) Servings Per Container

Amount Per Servin	9	
Calories 110	Calories	from Fat 25
		% Daily Value
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g	1	
Cholesterol On	ng	0%
Sodium 220mg	1	9%
Total Carbohydrate 15g		5%
Dietary Fiber	6g	24%
Sugars 3g		

## Protein 5g

Calcium 2%	٠	Iron 6%
*Percent Daily Values		
diet. Your daily values	va.m.	be higher or lower

depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	250
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400me
Total Carbohydra Dietary Fiber	ate	300g 25g	375g 30g
Calories per gran	m: Garbohydrate	4 · Prof	ein 4

Source: https://foodhero.org/recipes/split-peasalad



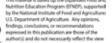


Dietary Fiber













Fat 9 · Carbohydrate 4 · Protein 4