

Crispy Split Peas

INGREDIENTS:

- ½ cup dried split peas soaked for at least 4 hours in water
- 1 tbsp olive oil
- ½ tsp cumin
- ½ tsp chili powder
- Salt to taste



DIRECTIONS:

1. After soaking the split peas for four hours, drain them and then pat dry using a paper towel.
2. Over medium-high heat, coat a large skillet with the oil.
3. Once the pan is hot, add the split peas along with the salt and seasonings and stir until golden in color and crunch in texture (7-10 minutes). For softer texture, cook less and for crunchier “corn nut” texture cook longer. Make sure to chew with your back teeth!
4. Remove from pan, cool and serve or store in an air tight container for up to 5 days.

Fun Facts!

- Green split peas have 16 grams of dietary fiber per serving.
- Split peas provide a good amount of protein, two B-vitamins, and several important minerals.
- Green split peas are sweeter than their yellow counterparts.