

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
- ¼ cup fresh parsley, chopped
- ¼ cup Italian salad dressing



Directions:

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

Nutrition Facts	
Serving Size (147g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 15g	5%
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:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: <https://foodhero.org/recipes/split-pea-salad>

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