



# YELLOW SPLIT PEA

[www.eatwildrice.ca](http://www.eatwildrice.ca)

**UNIT SIZES:** 2.5 kg, 5kg, 10kg, 25kg **COOK TIME:** 25 minutes

## INGREDIENTS

Canadian grown yellow split peas

## COOKING INSTRUCTIONS

Rinse split peas before cooking.  
Place 1 cup of split peas in a large pot with 2 cups of water and ½ tsp salt.  
Bring to a boil, then reduce to a simmer, cover and cook until smooth, 25 minutes.

## PRODUCT HIGHLIGHTS

Yellow split peas are an excellent source of plant-based protein, healthy carbs, fiber and many important nutrients. They're versatile and an easy way to add more vegetarian meals to your menu. As a balanced source of protein, carbs and even some healthy fat, the nutritional value of split peas is excellent. Soups, salads, side dishes.

