

**A DIETITIAN'S GUIDE
TO U.S.-GROWN**

DRY PEAS

BROUGHT TO YOU BY FARMERS ON A MISSION

TO HELP PROMOTE NUTRITIOUS PULSES



ALL ABOUT DRY PEAS:

A PULSE SUPERFOOD

Welcome to our dry peas resource guide, complete with nutrition facts and studies, cooking tips, recipes and more that you can use or share with your clients, colleagues, and followers. Known for their vibrant yellow or green coloring, dry peas are one of the most surprisingly versatile members of the pulse family (lentils, chickpeas, dry beans, and peas). Typically recognized for their namesake dish – split pea soup – dry peas are harvested dry (unlike fresh green peas), come in both split and whole form, and are often used in a variety of products, including protein powders and plant-based milks.



NUTRITIONAL HIDDEN GEM: THE SUPERSTAR DRY PEA

This pulse is not only affordable and easy to prepare, but dry peas are also extremely nutrient-dense. Dry peas are low in fat, a good source of protein, and they are a great source of fiber, manganese, potassium, and magnesium. The USDA recommends a weekly serving of 1½ cup of pulses as part of a healthy eating pattern, and dry peas are a simple go-to.

A ½ cooked serving dry peas boasts 8g of protein and 8g of fiber, as well as 355mg potassium, as much as a banana.

FAST FACTS

Yellow peas have a more mild and earthy flavor, while their green counterparts have a slightly sweeter flavor.

Dry peas are one of the oldest crops cultivated by human beings, with evidence dating from Neolithic times in Syria, Turkey, and Jordan.

It is speculated that pea soup was served in Denmark as early as the Bronze Age, when dry peas and cabbage became popular for the long winters there.

“Father of genetics” Gregor Mendel used peas as a subject in his genetics studies in the 1860s.

One of the world’s very first instant products was an instant pea soup, invented by Johann Heinrich Grüneberg in Germany.

National Split Pea Soup Week has been celebrated every second week of November in the U.S. since 1969.

DRY PEA NUTRITION

The 2020–2025 Dietary Guidelines for Americans recommends consuming 1–3 cups of pulses per week based on caloric intake. As an easy-to-prepare and versatile pulse type, dry peas are a fantastic option for clients in need of adding more pulses to their plates. They're full of many essential nutrients, including protein, fiber, and potassium.

Nutritional breakdown of 1/2 CUP COOKED

DRY PEAS

Calories 115	Total Fat <0.5g	Sodium <2mg	Carbs 22g	Fiber 8g
Protein 1.3mg	Iron 355mg	Potassium 355mg	Magnesium 35mg	Folate 64mcg

WHAT SCIENCE SAYS ABOUT

Dry Peas

DRY PEAS + NUTRITION VALUE

- Dry peas are rich in fiber and folate and are a good source of protein and vitamins and minerals such as potassium, iron, copper and magnesium. Other notable vitamins and minerals in dry peas include selenium, zinc, choline and calcium.
- Dry peas are low in fat and sodium.
- Roughly 70% of the calories in dry peas come from low-glycemic complex carbohydrates, making them especially great for maintaining blood sugar and insulin levels.
- Dry peas are a good source of the B vitamins folate and thiamine, providing 16% and 12% of the recommended daily values, respectively, per 1/2-cup serving.
- Dry peas (and other pulses) are associated with heart health benefits and lower blood cholesterol levels. A 2018 randomized clinical trial published in *FASEB Journal*, found that dry peas lowered systolic blood pressure. The research concluded that consuming a mix of dry peas and pulses can help reduce risk of heart disease and diabetes.

DRY PEAS + OVERALL HEALTH

- Dry peas have a low glycemic index, which make them ideal for helping to maintain and manage blood sugar levels.
- Pea protein is naturally vegan, gluten-free, dairy-free and does not contain any of the top 9 food allergens – peanuts, tree nuts, eggs, fish, shellfish, cow's milk, wheat, soy, and sesame – making it a great choice for people with dietary restrictions or food sensitivities.
- Dry peas (and other pulses) contain phytochemicals and saponins, which possess antioxidant and anti-carcinogenic effects. Some studies show that pulses may have anti-cancer and anti-inflammatory effects.
- A 2012 study found that yellow split peas may possess anti-inflammatory, antioxidant, and immunomodulating effects.

DID YOU KNOW THAT AS A PULSE CROP DRY PEAS:

- ✓ Support a sustainable and diverse agriculture system by enriching the soil with nitrogen
- ✓ Use minimal water to grow
- ✓ Have a low carbon footprint when used in cropping rotations
- ✓ Help to reduce food waste

When working with clients to eat more sustainably, dry peas and other pulse types are an excellent choice for a nutrient-dense source of protein that contributes to food security and human nutrition across the globe.

Source: <https://pulses.org/us/sustainability/>

“ Dry peas, often sold split, are a great source of dietary fiber and a good source of B-vitamins, iron, plant-based protein, and more. ”

—ABBIE GELLMAN, RD



Sources

<https://pubmed.ncbi.nlm.nih.gov/25061763/>
https://faseb.onlinelibrary.wiley.com/doi/abs/10.1096/fasebj.31.1_supplement.966.13
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3042778/>
<https://nutritiondata.self.com/facts/legumes-and-legume-products/4353/2>

COOKING

WITH SPLIT PEAS

→ **TIP**  1/4 cup dry = 1/2 cup cooked



- 1. Rinse your split peas - no need to soak!**
- 2. Combine split peas + water, bring to a boil**
For every 1 cup of split peas, use 2 cups of water
- 3. Simmer for 30 minutes**

PRESSURE COOKER / INSTANT POT

- 1. Add dry peas and water to the pressure cooker**
For every 1 cup of peas, use 2 cups of water (or ensure the pulses are covered with 2" of water)
- 2. Cook on low pressure for 10-15 minutes** *Let the pressure release naturally*
- 3. Drain and use in a recipe or store in an air-tight container**
Tip: Do not fill the pressure cooker more than halfway, as the ingredients will expand

New to cooking with dry peas? Dry peas do not require pre-soaking before cooking, making them an even faster way to get your recommended 1 1/2 cup of pulses per week. To get started, we recommend boiling dry peas and water at a 1:2 ratio, and allowing them to simmer for roughly 30 minutes for split peas, and up to 90 minutes for whole peas. If you would like your whole peas to cook more quickly, soaking them overnight will reduce that time to closer to 40 minutes.

If trying to decide between green and yellow peas, the biggest factor will be flavor, as nutritionally they are very similar. Yellow peas have a milder flavor, making them a great choice when you want them to blend into the like curries or dips. Green peas have a bit of a nuttier taste, so use them in dishes that feature the pulse type in a starring role, like split pea soup or avocado mash.

DRY PEA

PRODUCTS

Beyond canned and dry peas, which you can find in the bulk or packaged section at your local grocery store, there are numerous products (and counting) in the store that feature dry peas, helping to get that 1.5 cups serving per week even simpler. Below is a list of products made from dry peas that can be commonly found in most stores.



Brands: Andersen's, Campbell's, Progresso

Find them in: Soup aisle, natural foods aisle



Brands: PeaTos, Splits, Harvest Snaps

Find them in: Chip or snack aisle, natural foods aisle



Brands: Sprout Living, Naked Pea, 365 Everyday Value

Find them in: Supplement aisle, natural foods aisle



Brands: Ripple, Bolthouse Farms

Find them in: Alternative milk aisle, refrigerated aisle



Brands: ZenB, Right Rice, VeggiPasta

Find them in: Noodle and Rice aisle, natural foods aisle

For clients interested in adding more dry peas and other pulse ingredients to their diet, we recommend signing up for the **Half-Cup Habit** at pulses.org/us/half-cup-habit. They'll receive free recipes, cooking guides and more.

EASY WAYS TO

ADD DRY PEAS TO YOUR DIET

If you haven't explored dry peas yet, they are a wonderful and flavor-forward pulse type that adds depth to many dishes. And given the affordability and versatility of dry peas, adding these ingredients to plates is a realistic, easy way to add a boost of plant-based nutrition and protein.

A few tips for clients to ensure dry peas, and other pulse types, are incorporated into their diet:

- ✓ Build a complete protein dish by pairing dry peas and whole grains. Pulses are high in lysine, an essential amino acid missing from most grains. Adding peas to sauces, pastas and salads provides a boost of protein and fiber.
- ✓ Dry peas can be just as tasty in hummus – simply swap in cooked peas for chickpeas and you have a new, tasty twist on a favorite standby.
- ✓ Cooked dry peas can be delicious as a side dish – simply toss them with your favorite oil and spices after cooking. Bonus: add roasted veggies for extra texture!



- ✓ After allowing them to soak for a few hours, toss dry peas in a large skillet with oil and your favorite seasonings to make a crispy addition to salads or toast.
- ✓ Use pea protein powder in your smoothies or energy balls for a high-protein, plant-based addition.
- ✓ Combine a portion of cooked dry yellow peas with ground pork, meat or sausage to make meatballs, burgers, and even meatloaf.
- ✓ For added potassium, add smashed, cooked dry peas to your avocado toast or morning eggs.

DRY PEAS +



Protein Powder

For anyone interested in adding plant-based protein to their diet, pea protein is a solid go-to!

A growing competitor to animal and soy protein options, pea protein is increasingly seen as a healthful option for those looking for a plant-based powder. In fact, the pea protein powder market is expected to grow more than 15% in the next 7 years.

How is it made? One popular process includes removing the outer shell and then milling it down into a digestible powder. After, you are left with a product that is functional, bio-available, and loaded with lysine, making it an excellent alternative to soy flour.

Source: Global Newswire, "Pea Protein Market Worth \$961.2 Million by 2028"



“Dry peas are under appreciated and under-utilized, though they provide a plethora of nutrients. It's all about knowing how to prepare them and not being afraid of trying new foods.”

—TOBY AMIDOR, MS RD CDN, FAND

SPLIT PEA SOUP

One of the first dishes that comes to mind when thinking of split peas is soup. Eaten around the world for decades, split pea soup is hearty, nutritious, and low-cost. In fact, due to the dish's popularity, the U.S. celebrates National Split Pea Soup Week every November!

While typically made with a base of pureed dry or split peas, pea soup can be customized in many ways, including adding pancetta or ham for a classic recipe, or adding other vegetables and seasonings for a customizable soup, based on your own preferences.

HERE ARE A FEW SPLIT PEA SOUP RECIPES TO TEST OUT:



**ITALIAN
SPLIT PEA SOUP**

 1/4 Cup Serving of Pulses

1 1/2 cups split peas, or green; rinsed
1/2 cup navy beans, dried
3 cups tomato juice
1/2 cup onion, chopped
1/2 cup celery, sliced
1 cup zucchini, cubed
2 cups cabbage, coarsely chopped

1 cup turnip, diced
1 cup carrot, diced
2 cloves garlic, minced
1 tsp salt
1/2 tsp pepper
1 tsp Italian seasoning
4 oz. pasta, radiatore or other dry pasta
8 tbsps parmesan cheese

Soak navy beans in 3 1/2 cups water overnight. Add 8 1/4 cups more water. Add peas and bring to a boil. Reduce heat. Cover and simmer 45 minutes or until peas and beans are tender. Add remaining ingredients except pasta and cheese. Cook until vegetables are tender. Add pasta and cook an additional 8 to 10 minutes until pasta is tender. Sprinkle with cheese before serving.



**SIMPLE
SPLIT PEA SOUP**

 1/2 Cup Serving of Pulses

1 tbsp olive oil, extra virgin
2 large onion, chopped
1/2 tsp salt, kosher or sea
2 cups split peas, green, dried; rinsed
5 cups water
1 tbsp lemon juice

1. Add olive oil to a big pot over medium-high heat. Stir in onions and salt and cook until the onions soften (approximately 2 minutes). Add the split peas and water. Bring to a boil, dial down the heat, and simmer for 20 minutes, or until the peas are cooked through. Ladle half of the soup into a bowl and set aside. Using a hand blender (or regular blender), puree the soup that is still remaining in the pot. Stir the reserved soup back into the puree, for a more chunky texture (or puree all if you prefer a smooth consistency). Stir in the lemon juice and taste. Add a pinch of salt until the flavor is perfect.
2. Ladle into bowls or cups, and serve each drizzled with olive oil and topped with a pinch of smoked or regular paprika.



**SPLIT PEA +
KALE SOUP**

 1/2 Cup Serving of Pulses

1 tsp olive oil
2 carrot, roughly chopped
1 onion, yellow; diced
2 cups split peas, dried; rinsed
2 cups vegetable broth
2 cups water
3 cups kale, chopped
salt and pepper

1. Heat the olive oil in a large soup pot over medium heat. Add the onions and carrots, cut until soft.
2. Add the split peas, water and broth. Cover the pot and cook for 20 minutes.
3. Add the kale, cover and cook for an additional 5-10 minutes.
4. Season with salt and pepper to taste.

HEALTHY DRY PEA RECIPES

These easy-to-prepare recipes come packed with nutrients and are a simple way for adding plant-based dry peas to plates.

INGREDIENTS

1 tbsp olive oil
1/2 cup onion, diced
1/2 cup celery, diced
1 cup carrot, diced
2 cloves garlic, minced or pressed
1/2 tsp salt, more or less to taste
1/2 tsp pepper, more or less to taste
1 tsp rosemary, dried
1 tsp thyme, dried
1 tsp Italian seasoning
1/2 tsp nutmeg
1/4 cup cornstarch
3 cups chicken broth
2 cups milk, skim
1/2 lb potatoes, Yukon gold; diced
1 lb turkey, leftover; diced (heaping 2 cups per pound)
1 cup peas, green, frozen
2 16 oz cans black eyed peas, drained and rinsed
1 disk pie dough, refrigerated; use gluten free if desired

SOUP

Heat olive oil in a large stockpot over medium heat.

Once hot, add in onions, celery, carrots, and garlic and spices. Cook for 5-10 minutes, or until onions have softened.

Stir in cornstarch and cook for 60 seconds.

Stir in chicken broth, milk, potatoes, turkey, green peas, and black eyed peas.

Bring to a simmer, cover, and simmer for 15 minutes, or until potatoes are tender. Stir occasionally.

Taste and re-season, if necessary, and enjoy!

PIE CRUST

Preheat the oven to 425 degrees F.

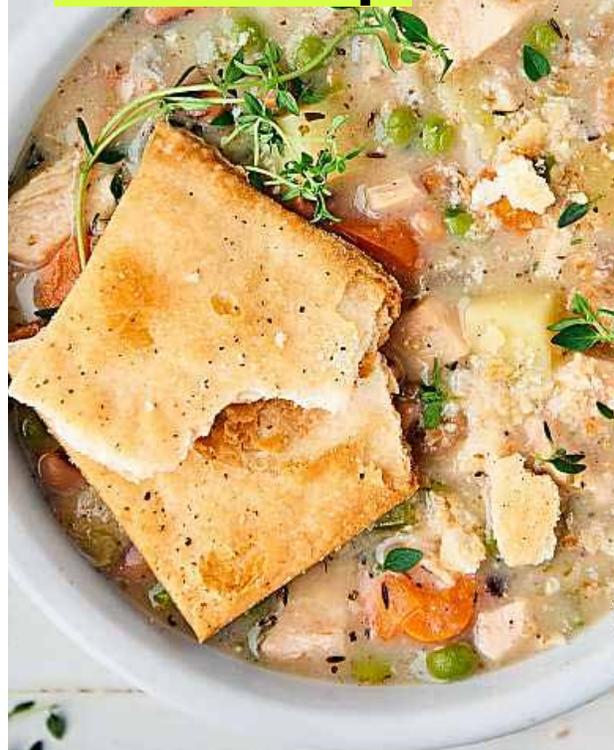
Unroll the pie dough onto a silicone mat lined baking sheet and sprinkle with salt and pepper.

Cut into quarters.

Bake until golden, about 10 minutes.

Crumble over soup before serving.

Healthy Turkey Pot Pie Soup



Split Pea Pesto Pasta Salad

INGREDIENTS

2 cups pasta
1/2 cup pine nuts
1/2 cup split peas; green, cooked
1/2 cup parmesan cheese
2 cups basil, fresh; packed
3 cloves garlic, peeled
1 lemon, juiced
1/4 cup olive oil
1/2 tsp salt, sea
1/2 tsp pepper, black
1 cup tomatoes, cherry; halved
1/2 cup sun dried

tomatoes, halved
1/4 cup olives, green; pitted and halved
1 cup arugula
1/4 cup parmesan cheese, to garnish (optional)

Cook pasta according to package directions. Drain, add to a large bowl, and set aside to cool.

Prepare the pesto. In a food processor combine the cooked green split peas, pine nuts, parmesan cheese, basil leaves, cloves of garlic, lemon juice, and olive oil. Pulse until smooth. If the mixture is too thick, add in another tablespoon or two of olive oil.

In a large bowl toss together cooled pasta and pesto. Stir in tomatoes, sun dried tomatoes, olives, salt, pepper, and arugula. Garnish with optional parmesan cheese.

Serve immediately or store in the fridge for 1-2 days. Enjoy!





INGREDIENTS

- 1 cup split peas, green, dried**
- 3 cups water**
- 1 cup parsley, chopped, packed**
- 2 tbsp tahini**
- 4 cloves garlic, raw; peeled**
- 1/4 cup olive oil, extra virgin**
- 1 tbsp lemon juice, fresh**
- 1 tsp salt, sea**
- big pinch pepper, black; freshly cracked**

- Sort and rinse split peas.
- Add peas and water to a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 40 minutes, or until completely tender and all water is absorbed.
- Cool the cooked peas for 10-15 minutes uncovered before beginning the hummus.
- Add the parsley, tahini, garlic, lemon juice, sea salt, pepper, and peas to a food processor or high-speed blender. Have the olive oil on hand.
- Start the blender or food processor and begin slowly streaming in the olive oil right away. You may need to use your blender's temper to push the hummus towards the blade, it will be thick! If using a food processor, stop the machine and scrape down the sides with a spatula as needed.
- Continue streaming the oil and working the hummus into a creamy texture. Once it has reached your desired consistency, turn off the blender or food processor, and taste for seasonings. If it tastes salty, add extra lemon juice or parsley. If it's too tart, add extra sea salt or tahini.

Transfer the hummus to a serving bowl, and smooth it out with your spatula. Drizzle with olive oil, extra chopped parsley, a squeeze of lemon, a sprinkle of sea salt and cracked pepper, or any other toppings that call to you. Serve alongside fresh, seasonal vegetables.

Pea + Parsley Hummus



Super Berry Protein Smoothie



INGREDIENTS

- 1 cup milk, 2% or non-dairy milk of choice**
- 1/2 banana, frozen**
- 1/2 cup strawberries, frozen**
- 1/2 cup blackberries, frozen**
- 1 tbsp protein powder, pea**

Blend ingredients together and enjoy!

**For additional sources, studies, or recipe ideas,
reach out to PulseTeam@ThinkMaxwell.com, or peruse
the Nutrition Professionals page on USAPulses.org at
USAPulses.org/Nutrition-Professionals.**

