

Coconut Split-pea Curry

- This is a basic version of an Indian inspired curry.
- Split peas are high in fiber, protein and iron.
- Add 3 cups of a variety of vegetables to this curry sauce to fit your taste and what you have available, fresh, frozen or canned.
- Add harder vegetables first because they take more time to cook, like potatoes and carrots.
- Try using 1 Tablespoon turmeric and 2 teaspoons ground cumin in place of (or with!) the curry and ginger for a different flavor.
- Try with brown rice for an additional boost of fiber and increase your fullness.

Nutrition Facts

6 servings per container

Serving size 1 cup (228g)

Amount per serving

Calories **220**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 440mg **19%**

Total Carbohydrate 30g **11%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 36mg **2%**

Iron 3mg **15%**

Potassium 433mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Coconut Split-Pea Curry

Servings: 6 Prep Time: 1 hour



Ingredients:

- 1 Tablespoon vegetable oil
- 1 cup yellow split peas
- 1 cup low-sodium vegetable broth
- 3 cups water
- 1 medium onion, chopped
- 4 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 Tablespoon curry powder
- 2 teaspoons ground ginger
- 1 (14oz.) can lite coconut milk
- 1 teaspoon salt

Optional: 1/4-1/2 teaspoon cayenne pepper for spicy flavor

Directions:

1. Add vegetable broth, water and split peas to a medium pot. Bring to a boil, reduce heat to simmer and cook for 40 minutes. Prep other ingredients while peas cook.
2. Drain cooked peas over a bowl to keep the liquid. Save for later.
3. Add oil to a second pot. When hot, add onion and sauté for 5 minutes, until they look clear.
4. Add garlic and sauté for one minute.
5. Add spices and stir in for 30 seconds.
6. Add 1 1/2 cups of the pea cooking liquid and coconut milk.
7. Add cooked split peas and your choice of vegetables: cubed potatoes, carrots, broccoli or cauliflower, green peas, snow or snap peas, cabbage, diced tomatoes, etc.
8. Simmer for 10 more minutes. Serve over rice.