



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Crispy Honey Mustard Split Green Peas

Looking for a highly addictive, nutritious snack using pantry staples? Try this recipe for crunchy split peas, which makes for an easy appetizer or delicious, fiber-rich salad topping.





INGREDIENTS

- 1 cup dried green split peas, soaked for 4 hours or boiled for 10 minutes
- 2 tablespoons, mustard
- 2 tablespoons, honey
- 2 teaspoons, red wine vinegar
- pink salt, to taste
- pepper, to taste

INSTRUCTIONS

1. Pre-heat oven to 400. After soaking or boiling the split peas, drain and pat dry.
2. Mix remaining ingredients together in a bowl and pour over the peas and combine.
3. Spread peas evenly over a baking sheet and roast until golden in color and crunchy in texture. About 10 minutes, flipping halfway though.
4. Serve immediately in a salad and store the remaining in the fridge in an air-tight container.



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