



SPICY HONEY SPLIT PEAS

PREP TIME: 4 hours

SERVING SIZE: ¼ cup

COOK TIME: 10 minutes

SERVES: 3

INGREDIENTS

- 1 cup split peas
- 2 ½ teaspoons olive oil
- 1 tsp honey
- ½ tsp cayenne pepper

PREPARATION

1. Soak and drain peas for a minimum of 4 hours.
2. Heat up skillet with oil.
3. Toast split peas for about 7-10 minutes.
4. Before removing split peas from the pan add honey and cayenne.
5. Store in air tight container.



ADAPTED FROM

Everylastbite.com

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

3 servings per container
Serving size 1/4 cup (74g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	16%
Dietary Fiber 17g	61%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3mg	15%
Potassium 677mg	15%

*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.



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ARVEJAS PARTIDAS SABOR MIEL PICANTE

TIEMPO DE PREPARACIÓN: 4 horas

TAMAÑO DE PORCIÓN: ¼ taza

TIEMPO PARA COCINAR: 10 minutos

PORCIONES: 3

INGREDIENTES

- 1 taza de arvejas partidas
- 2 ½ cucharaditas de aceite de oliva
- 1 cucharadita de miel
- ½ cucharadita de pimienta de Cayena

PREPARACIÓN

1. Remoje los guisantes por un mínimo de 4 horas y drene.
2. Calentar un sartén y añadir el aceite de oliva.
3. Tueste los guisantes por unos 7-10 minutos.
4. Antes de retirar los guisantes de la cacerola, añada la miel y la pimienta.
5. Almacene en el envase hermético del aire.



ADAPTADA DE

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Receta modificada por CHOICES Programa Educativo de Nutrición

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