



STRONG Heart Program Recipe-of-the-Month

Split Pea Soup with Italian Herbs

Recipe adapted from *Vegetarian Homestyle Cooking*

Ingredients:

4 cups water
2 cups reduced sodium chicken or vegetable broth
2 cups dry green split peas
1 carrot, chopped
1 small onion, diced
1 large or 2 small cloves garlic, pressed through garlic press
1 teaspoon fresh basil (or ½ teaspoon dried)
½ teaspoon fresh oregano (or ¼ teaspoon dried)
1 teaspoon parsley
½ teaspoon salt, optional
1 bay leaf

Directions:

1. Combine water, broth, and split peas in a saucepan. Cook on medium heat for 20 minutes.
2. Add remaining ingredients, then reduce heat and simmer for 30 minutes more.
3. Top each serving with croutons or serve with Italian bread.

Yield: 4 servings **Serving Size:** 1 ½ cups

Nutrition Information: 190 calories, 1g fat, 0g sat. fat, 0mg cholesterol, 300mg sodium, 35g carbohydrate, 5g fiber, 13g protein.
