



Spring Recipe I

Split Pea Soup with Fresh Peas, Miso & Dill

Makes 4 cups

Adding fresh peas to split pea soup brightens the color, freshens the flavor, and whips up to a silky smooth texture, perfect for late spring meals. Pressure cooking isn't a good idea with split peas because they tend to bubble and may clog the pressure release valve.

- 1 teaspoon olive oil (or Spectrum's blend of canola and olive oils for high heat cooking)
- 1 1/2 cups leeks, white and light green parts, sliced
- 1 cup green split peas, brought to boil, then soaked overnight or all day in 2 cups water, drained
- 5 1/2 cups water
- 1 bay leaf
- 3-inch piece kombu seaweed
- 1 cup plus 2 tablespoons green peas, petite or regular, fresh or frozen, thawed; 2 tablespoons set aside for garnish
- 1/3 cup fresh dill with 2 teaspoons fresh thyme leaves, chopped
- 1 teaspoon bouillon (I use Seitenbacher Vegetarian Vegetable Broth and Seasoning, Organic Gourmet Low Sodium Vegetable Bouillon, or Rapunzel Vegetable Bouillon)
- 1 to 2 tablespoon white miso, start with less

Optional Garnishes: Fresh peas, freshly-ground pepper or drops of hot red pepper sauce, heart-shaped carrot cutouts

1. In a 3-quart pot, heat oil and add leeks. Stir and cover for several minutes. Add drained split peas, water, bay leaf and kombu. Bring to boil for 5 minutes without cover, skimming off and discarding any foam that may rise to the surface. With lid ajar, cover to cook until tender, 1 to 1 ½ hours. Whisk mixture every 15 minutes or so. Kombu will completely dissolve. Discard bay leaf.

2. Purée 1 cup fresh peas with the soup, herbs, bouillon and miso. Return soup to pot to heat through, adding water to texture desired. Garnish to serve.

For 4 servings, per serving:

Calories: 232 Protein: 15gm Saturated Fat: 0.3gm Fiber: 15gm Carbohydrates: 39gm Fat: 2gm

Cholesterol: 0 Sodium: 234mg

Calories from Protein: 26% Calories from Fats: 7% Calories from Carbohydrates: 67%