



## **Yellow Split Pea and Orzo Salad**

### **Ingredients:**

1 tsp. lemon zest (finely shredded)  
2 Tbsp. fresh lemon juice  
1 cup yellow split peas  
2 cups vegetable broth  
12 tsp. dried thyme  
10 oz. pea (frozen tiny)  
4 oz. orzo pasta (10 Tbsp.) \*\*  
1/4 cup green onion (thinly sliced)  
1/4 cup chopped fresh mint  
1/4 cup vegetable oil  
24 butter lettuce (leaves rinsed and crisped)  
1 sprig mints  
1 sprig fresh thyme  
Salt  
Pepper

### **Procedure:**

Sort through split peas, discarding any debris; then rinse and drain peas.

In a 2-quart saucepan, bring broth to a boil over high heat. Add split peas and dried thyme. Reduce heat, cover and simmer until split peas are tender to bite (about 25 minutes); drain and discard cooking liquid. Transfer the split peas to a large bowl, add frozen peas, and mix gently but thoroughly. Let stand, stirring occasionally, until mixture is cool. (about 3 minutes).

Meanwhile, in a 4-5 quart saucepan, bring about 8 cups water to a boil over medium-high heat; stir in pasta and cook until just tender to bite, about 5 minutes (or cook according to package instructions). Drain, and rinse with cold water, and drain well again. Transfer pasta to bowl with peas. Add onions and chopped mint; mix gently. In a small bowl, beat oil, lemon zest, and lemon juice until blended. Add to pea mixture; mix gently but thoroughly.

To serve, line 4 individual plates with lettuce leaves; top each plate equally with pea mixture. Garnish salads with mint and thyme sprigs. Season to taste with salt and pepper.

\*\*You can substitute a cooked Whole grain for Orzo for a complete protein vegetarian dish.

