

Split Pea Recipe

Rice Cooker

Split Pea and Bulgur Salad



Ingredient	Approx. Cost*
Bulgur (1 lb box), cooked	\$1.99
Green split peas (16oz bag), cooked	\$0.99
½-1 red onion, chopped (or green onion)	\$0.89
1 lb. bag of carrots, peeled and chopped	\$0.99
1/2 cup toasted slivered almonds (6 oz bag)	\$3.49
Dressing (olive oil, red wine vinegar, fresh parsley, salt pepper)	\$1.00**
Total	\$9.35

of servings: 16 **Cost per serving: \$0.58**

*Based on Peapod's on-line pricing as of 2/09. Split peas/bulgur peas priced at Jewel.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Stir together ingredients together (except dressing). For dressing, whisk in separate bowl and add before serving.

Nutritional Information per 1 cup serving

Calories	288
Total Fat	14
Saturated Fat	1.5g
% of daily total	7.5%**
Carbohydrates	33g
Protein	10g
Fiber	11g

	% of daily total
Vit A	34%
Vit C:	4%
Calcium:	6%
Iron	10%
Good source of*	Vitamin A, Iron, B vitamins, Magnesium, Potassium, Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

