AMERICAN INSTITUTE for CANCER RESEARCH
HEALTH-e-RECIPES
Cook Simply. Eat Well. Fight Cancer.

Issue # 488

January 21, 2014

Go Green for Good Health
Split pea soup has been around for centuries - and for good reason - it's packed with plant protein, boasts a hefty 17 grams of fiber and contains a range of cancer-fighting phytochemicals. Garlic, onion and herbs add a boost of flavor without a lot of added salt. In fact, cooking this up at home bypasses the excess sodium found in canned versions. Pair with a leafy green salad for a balanced, cancer-protective meal.

Super Split Pea Soup
2 Tbsp. extra virgin olive oil
1 medium onion, chopped
2 cloves garlic, minced
1/2 tsp. dried rosemary
1/2 tsp. dried oregano
8 cups low-sodium chicken broth (vegetable stock or water may be substituted)
4 medium carrots, diced
4 medium potatoes, cubed small
1 lb. dried split peas, rinsed
Salt and freshly ground black pepper, to taste

Heat oil in large pot over medium heat. Sauté onions and garlic, adding rosemary and oregano until onions are translucent, about 10 minutes.

Add broth, carrots, potatoes and split peas. Bring to a boil. Simmer uncovered for about 90 minutes or until peas are soft. Season with salt and pepper. Stir frequently to keep solids from burning on the bottom of pot.

You can adjust the thickness by adding a bit of broth, stock or water. Serve hot.

Makes 8 servings.

Per 1 1/4 cup serving: 344 calories, 6 g total fat (1 g saturated fat), 56 g carbohydrate, 21 g protein, 17 g dietary fiber, 106 mg sodium.