



Healthy Recipe



**REAL FOOD
FIRST**

POTATO & YELLOW SPLIT PEA MASH

1 cup yellow split peas
4 cups water
1 medium **RI-grown** potato, peeled
1 tsp butter
to taste salt & pepper

1. Cut the potato into cubes and boil until fork-tender.
2. Follow package instructions to cook yellow split peas until very soft.
3. Combine yellow split peas with cooked, cubed potato, butter, salt and pepper. Mash together well and serve warm.

Nutritional Information

Per serving (8 servings in recipe):

Calories:	110	Vitamin A:	2%
Cal from Fat:	5	Vitamin C:	7%
Total Fat:	1 g	Calcium:	0%
Saturated Fat:	0 g	Iron:	7%
Cholesterol:	0 mg		
Sodium:	90 mg		
Carbohydrates:	19 g		
Fiber:	7 g		
Sugar:	2 g		
Protein:	7 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a
sustainable food system.

Please visit us at
www.kidsfirstri.org and www.realfoodfirst.org