

## SPICY YELLOW SPLIT PEAS



2 cups (500 mL) dry **yellow split peas\***, rinsed and drained  
1/3 cup (75 mL) honey  
¼ cup (50 mL) light soy sauce  
2 tbsp (30 mL) water  
2 tsp (10 mL) cornstarch  
1 tbsp (15 mL) sesame oil  
5 cloves garlic, minced  
2 tsp (10 mL) crushed red pepper  
2 tsp (10 mL) minced gingerroot  
3 green onions, sliced  
1 sweet red pepper, diced  
½ cup (125 mL) currants

COMBINE peas and 4 cups (1 L) water in a large saucepan; Bring to a boil. Cover, reduce heat and simmer for 25 minutes or until peas are soft. Drain.

WHISK together honey, soy sauce, 2 tbsp (30 mL) water and cornstarch in a small bowl. Set aside.

HEAT oil over medium heat in a large nonstick skillet. Sauté garlic, crushed red pepper, ginger and green onions for 1 to 2 minutes. Stir in red pepper, currants and peas and sauté for about 5 minutes, stirring frequently. Add honey mixture and cook until thickened and bubbly, stirring constantly.

SERVE over cooked rice.

Makes: 6 servings

Nutritional information (per serving without rice): 289 calories; 4.4 g fat; 11.4 g protein; 54.8 g carbohydrate; 4.7 g fibre; 0 mg cholesterol; 277 mg sodium.

