**Chunky Split Pea Soup with Whole Grain Crackers**

Serves 6. Total time 20 minutes + 1-\(\frac{1}{4}\) hours to simmer.

**Chunky Split Pea Soup with Whole Grain Crackers**

1 T. olive oil  
1 medium onion, finely chopped  
2 carrots, peeled and finely chopped (1 cup)  
2 ribs celery, finely chopped  
2 garlic cloves, finely chopped  
4 cups low-sodium vegetable broth  
3 cups water  
1-\(\frac{1}{2}\) cups dry split peas  
8 ounces lean ham, cubed  
chopped parsley to garnish, optional  
36 whole grain crackers, such as Triscuit Deli Rye

**Directions:**
1. Warm the olive oil in a large pot over medium heat. Add the onion, carrots, celery, and garlic; sauté for 10 minutes until tender. Stir in the broth, water, peas, and ham. Bring to a boil over high heat, reduce heat to medium, and simmer for 1-\(\frac{1}{4}\) hours until the peas are tender. Garnish with parsley, if desired. Serve with crackers.

**Total Meal Nutrition Information (per 1/6 of each recipe):** 331 calories, 22 g protein, 8 g fat, 1 g saturated fat, 44 g carbohydrate, 12 g fiber, 18 mg cholesterol, 602 mg sodium  
1 serving equals: 1 whole grain, 1 protein/dairy, 2 vegetable, 1 fat

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Shopping List

Produce Section
- 1 medium onion, finely chopped
- 2 carrots, peeled and finely chopped (1 cup)
- 2 ribs celery, finely chopped
- 2 garlic cloves, finely chopped
- chopped parsley to garnish, optional

Dry Goods Section
- 1/2 cups dry split peas
- 4 cups low-sodium vegetable broth (see tip #1)
- 36 whole grain crackers (see tip #2)
- 1 T. olive oil

Meat/ Dairy Section
- 8 ounces lean ham, cubed (see tip #3)

Smart Shopper Tip #1:
Broths vary tremendously in their sodium content. Since the ham provides salt in this dish, it is important to use a low-sodium vegetable or chicken broth. Some example brands are Imagine no salt added chicken broth or Instant VegeBase low sodium vegetable broth granules by Vogue Cuisine.

Smart Shopper Tip #2:
To find whole grain crackers, look for a whole grain listed first on the ingredient list. Be sure to choose a variety that is prepared without partially hydrogenated oils (trans fat free). Some widely available brands include Triscuit and Wasa Crispbreads.

Smart Shopper Tip #3:
Choose a lean variety of ham that is lower in sodium. Look for varieties that do not contain the preservative sodium-nitrite whenever possible.