



SMOKY SPLIT PEA & SWEET CORN SUMMER SAUTÉ

Ingredients

- 1½ cups cooked split peas
- 1 cup fresh, canned or frozen corn
- ½ cup diced bell pepper
- 2 tablespoons olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- 1 tablespoon lime juice
- Salt and pepper to taste
- Optional: chopped cilantro

Preparation Steps

- Heat olive oil in a large pan over medium heat.
- Add bell pepper and corn; sauté for 3–4 minutes until slightly tender.
- Stir in cooked split peas, smoked paprika, cumin, salt, and pepper.
- Cook another 2–3 minutes until heated through.
- Finish with lime juice and cilantro before serving.