

# Fava (Yellow Split Peas)

Fava, not to be confused with fava beans, is a traditional Greek dish made of pureed yellow split peas. Fava is an easy dish to make, and not only is the bright yellow color a pretty addition to any table, but it is also filling and nutritious.

## Ingredients

- 1 3/4 cups yellow split peas
- 4 1/3 cups of water, plus more for boiling peas
- 1 tablespoon sea salt
- 2 tablespoons olive oil
- Garnish: 1/4 cup extra virgin olive oil
- Garnish: 1/2 cup diced red onion

## Steps to Make It

1. Put the peas in a pot with enough water to cover generously. Bring to a boil and cook 5 to 10 minutes until froth rises to the top. Drain the peas and rinse well.
2. In a pressure cooker, add the 4 1/3 cups water and peas. Bring to a boil, seal, and when pressure reached, reduce the heat to low and cook for 10 minutes. Use fast-release of pressure, and open the pot.
3. Purée the peas and liquid in a food processor bowl or with an immersion blender, and return to the pot. Add salt and oil. Cook uncovered over the lowest possible heat for 15 minutes until it becomes the texture of thick cream, stirring with a wooden spoon to prevent sticking.
4. Serve at room temperature in shallow bowls topped off with a drizzle of olive oil and a tablespoon of diced onion.