

## Spicy Split Peas with Vegetables

*Taste adventure! Yellow split peas are flavored with a sampling of the spices, vegetables and fruit commonly found in the cuisine of India.*

4 cups water  
1 cup dried yellow split peas  
1 tablespoon vegetable oil  
2 tablespoons flaked or shredded coconut  
1 teaspoon coriander seed  
1/2 teaspoon fenugreek seed  
1 cinnamon stick, (1/2 inch long)  
1/4 teaspoon salt  
1/8 teaspoon ground red pepper, (cayenne)  
2 tablespoons vegetable oil  
3 medium carrots, diced  
2 medium zucchini, diced  
1 medium onion, finely chopped  
1 small eggplant, diced  
2 tablespoons water  
1 tablespoon tamarind pulp  
2 cups hot cooked rice  
Chopped fresh cilantro, if desired

1. Heat 4 cups water and the split peas to boiling in 2-quart saucepan; reduce heat. Cover and simmer 45 minutes.
2. Heat 1 tablespoon oil in 8-inch skillet over medium heat. Cook coconut, coriander, fenugreek and cinnamon stick, stirring constantly, until coconut is light brown. Remove from heat; stir in salt and red pepper. Crush coconut mixture with mortar and pestle until finely ground; set aside.
3. Heat 2 tablespoons oil in 12-inch skillet over medium heat. Cook carrots, zucchini, onion and eggplant in oil, stirring occasionally, until tender.
4. Stir 2 tablespoons water into tamarind pulp until softened. Stir tamarind mixture, coconut mixture and peas into vegetable mixture. Cook over low heat, stirring occasionally and adding water if necessary until consistency of thick soup, until hot and well blended. Serve over rice. Garnish with cilantro.