

# FAVA WITH TOMATO BRAISED CAPERS\*

*Yield: 24 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Fava</i>	
Extra-virgin olive oil	4 oz.
Onion, chopped	8 oz.
Garlic, minced	3 ea.
Yellow split peas	1 lb.
Water	as needed
Salt	as needed
Black pepper, ground	as needed
 <i>Tomato Braised Capers</i>	
Extra-virgin olive oil	1 oz. + additional
Onions, chopped fine	8 oz.
Garlic, minced	4 ea.
Tomatoes, concassé	8 oz.
Thyme, chopped	1 Tbsp.
Capers, rinsed	4 oz.
Salt	as needed
Black pepper, ground	as needed
Basil, chiffonade	3 Tbsp.
 Whole wheat pita chips	 as needed

## **Method**

1. *For the Fava:* In a medium pot heat 1 ounce of olive oil, and sweat the onions and garlic until softened, aromatic, and just beginning to color – about 10 minutes.
2. Add the split peas and stir to coat. Cover the split peas with water and bring them to a boil over high heat. Reduce the heat to a simmer and skim well.
3. Simmer the split peas stirring occasionally until they begin to fall apart into a coarse purée. You may need to add more water if they begin to go dry before the split peas are cooked.
4. Take care towards the end of cooking that the mixture doesn't stick and scorch, but don't add extra water – stir carefully and often. The cooked split peas should appear fairly dry.
5. Once the split peas are cooked, purée them and season them with salt and pepper. Enrich the purée with the remaining 3 ounces of extra-virgin olive oil. Reserve either warm or at room temperature.
6. *For the Tomato Braised Capers:* In a pan over medium-high heat, add 1 ounce of oil, add the onions and garlic, and sweat until translucent.
7. Add the tomatoes, thyme and capers and continue to cook until the capers are tender, and the excess liquid has evaporated – about 10 minutes. Season with salt and pepper, and add the basil.
8. Serve the Fava with the Tomato Braised Capers over the top and an optional drizzle of extra-virgin olive oil. Serve with whole wheat pita chips.

**Nutrition Information (per portion/serving, prepared with 1 teaspoon added salt)**

Calories: 130/Protein: 5 g/Carbohydrate: 15 g/Fiber: 6.5 g/Carbohydrate to fiber ratio: 2.5

Saturated fat: 1 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 4 g

Trans fat: 0 g/Sodium: 182 mg / Potassium: 57 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: Bill Briwa, as presented by Uyen Pham at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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