



1. [Split Peas](#)

Fiber: 16.3 grams per cup, cooked.

Go-To Recipe: [Spinach and Yellow Split Pea Soup](#)

A staple in Indian cooking, split peas form a terrific, protein-rich base for soups, stews, and [dhals](#). This South Asian recipe is the best kind of comfort food: healthy, satisfying, and super filling.

2. [Lentils](#)

Fiber: 15.6 grams per cup, cooked.

Go-To Recipe: [Lentil Quinoa Burgers with Sautéed Mushrooms](#)

Lentils are kitchen all-stars—they take less time to cook and are more versatile than many other legumes. This recipe takes advantage of their slightly meatier taste and turns them into a juicy patty that’s held together with lemon juice, cilantro, and walnuts.

3. [Black Beans](#)

Fiber: 15 grams per cup, cooked.

Go-To Recipe: [Black Bean and Sweet Potato Chili](#)

Sweet potato pairs perfectly with the smokiness of chipotle peppers and adds even more fiber to this hearty bean dish. Loaded with complex carbs and protein, this cold-weather stew makes a perfect post-workout meal.

4. [Lima Beans](#)

Fiber: 13.2 grams per cup, cooked.

Go-To Recipe: [Leek and Lima Bean Soup with Bacon](#)

Lima beans might sound unappetizing, but when cooked in bacon fat, paired with leeks, puréed into a soup, and topped with sour cream, they're pretty darn delicious.



5. [Artichokes](#)

Fiber: 10.3 grams per medium vegetable, cooked.

Go-To Recipe: [Roasted Artichokes for Two](#)

Packing more fiber per serving than any other vegetable, artichokes are curiously underused in most people's kitchens (perhaps because they

look a bit... prickly). Get creative and try this simple recipe with lime, garlic, and black pepper.

6. [Peas](#)

Fiber: 8.8 grams per cup, cooked.

Go-To Recipe: [Scallops on Minted Pea Purée with Prosciutto](#)

Puréeing veggies is a great way to squeeze extra nutrients into any meal—this recipe comes together lightning-fast and is filled with protein, [omega-3s](#), and, of course, fiber.

7. [Broccoli](#)

Fiber: 5.1 grams per cup, boiled.

Go-To Recipe: [Paleo Broccoli Fritters](#)

This caveman-friendly dish is pretty simple. To make these fritters, just combine onion, garlic, broccoli, eggs, and almond meal. Once they hit the table, you'll be surprised how much broccoli gets finished in one sitting.

8. [Brussels Sprouts](#)

Fiber: 4.1 grams per cup, boiled.

Go-To Recipe: [Hoisin Glazed Brussels Sprouts](#)

Try this Asian twist on the old standard—this meal carries tones of ginger, sesame, and peanut that will keep you coming back for seconds (and maybe thirds).



9. [Raspberries](#)

Fiber: 8 grams per cup, raw.

Go-To Recipe: [Raspberry, Coconut, and Oat Macaroons](#)

Raspberries aren't a hard sell—they're basically nature's candy. With the help of coconut, oatmeal, and vanilla, they make a relatively healthy dessert that pleases any palate.

10. [Blackberries](#)

Fiber: 7.6 grams per cup, raw.

Go-To Recipe: [Blackberry Lemon Salad](#)

Successfully mixing sweet and savory isn't for the faint of heart, but this salad makes use of blackberries, lemon, scallions, and dill to great effect.