

Sprouted Mediterranean Crunch

Swick

Serves 4 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing the Salad

- 1 1/2 cups assorted sprouted beans, adzuki, mung and lentil
 - 1/2 red bell pepper, diced
 - 1/4 cup olives of your choice, pitted and halved
 - 1/2 cup cucumber, peeled, seeded and diced
 - 1/4 tsp fresh chile, seeded and minced or dried chile flakes
 - 1 1/2 tbsp fresh tarragon, minced
 - 1 clove garlic, minced
 - 1 orange, juiced
- To prepare the salad, in mixing bowl, add the sprouted beans, bell pepper, olives, cucumber, chile, tarragon and garlic and toss.
- Squeeze the orange over the salad, toss briefly and serve.