

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.