



# Recipes

## Salads

### **Sprout Salad**

*Prep Time: 10 minutes*

*Cooking Time: none*

*Yield: 4 servings*

#### **Ingredients:**

- ½ cup daikon, cut into match sticks or grated
  - ½ cup carrots, cut into match sticks or grated
  - 1 teaspoon sea salt
  - 1 cup mung bean sprouts
  - 1 cup alfalfa or radish sprouts
  - 1 bunch watercress or arugula, washed and chopped
- Dressing:
- 2 tablespoons tahini
  - 1 tablespoon umeboshi paste
  - 2 tablespoons lemon juice
  - 1 tablespoon mellow white miso

#### **Directions:**

1. Mix carrots and daikon with sea salt, let sit while you prepare remaining ingredients.
2. Wash sprouts well and place in a large bowl with the greens.
3. Combine dressing ingredients in a small bowl and mix well.
4. Add daikon and carrot to the salad bowl.
5. Pour dressing over salad and toss until well coated.