

Super Green Sprouted Salad

PREP TIME: 10 minutes + 2 days to sprout mung beans

TOTAL TIME: 10 minutes + 2 days to sprout mung beans

Servings: 4 salads



Ingredients

Salad

2 heads romaine lettuce

4 baby zucchini, diced (1/2" by 1/2")

1 avocado, peeled, pitted, and diced

1 cup sprouted beans (we used sprouted mung beans, recipe above)

4 tsp hemp seeds

Cilantro Pesto

1 bunch cilantro, de-stemmed

1/2 cup extra virgin olive oil

Juice of 1/2 lemon, ~2 Tbsp

3 Tbsp walnuts

1 Tbsp hemp seeds

1/2 tsp sea salt

1/4 tsp pepper

1. To make the pesto, combine the cilantro, olive oil, lemon juice, walnuts, hemp seeds, salt, and pepper in a food processor or blender and process on high until a smooth dressing is formed. Store in a glass jar fitted with a lid and place in the fridge. This dressing can be made a day in advance and kept in the fridge for later use.

2. To prepare the salad, chop, wash, and dry romaine lettuce then place in a large bowl. Add diced baby zucchini, diced avocado, sprouted mung beans, and hemp seeds to the bowl. Divide salad into 4 servings then add cilantro pesto dressing to the top of each salad. Serve and enjoy!

*Note, if you do not plan to serve all four salads at once keep salad ingredients in an air tight container in the fridge and wait to add dressing until just prior to serving. To keep the avocado from turning brown, toss in lemon juice prior to saving.

Courtesy of The Green Blossom Kitchen