

SPROUTED MUNG BEAN SUMMER SALAD



Tags: [Kapha](#), [Pitta](#), [Spring](#), [Summer](#)

Prep Time: 25 Min

Cook Time: 15 Min

Serves: 4-6

Directions:

1. Saute sprouted mung beans in your vegetable broth with cumin, salt, and pepper for 8-10 minutes.
2. Strain and let cool while you prepare and dice your vegetables.
3. Combine and toss all your diced vegetables, mung beans, lime juice, olive oil, and fresh herbs in a large salad bowl.
4. Top with avocado and enjoy!

Ingredients:

1 fennel bulb, diced and blanched into simmering water for 2 minutes, strain and let cool
1 yellow bell pepper diced
1 diced cucumber
1/4 C diced purple onion
1 avocado, diced
a handful of cherry tomatoes cut in half
1 C sprouted mung beans
a large handful of chopped herbs – mint, basil, chives, cilantro
1/2 C of vegetable broth

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1 Tsp of cumin powder
1/2 C fresh squeezed lime juice
salt + pepper to taste
2 Tsp olive oil

Mung beans are one of the most cherished foods in Ayurveda. They are tridoshic, wholesome for everyone, vata, pitta and kapha. They can be eaten to balance all three doshas (energetic forces), especially when cooked with spices appropriate for each dosha. They are very nourishing while being easy to digest - they contain oligosaccharides to prevent gas and bloating, the drawbacks of other beans.

Green mung beans exhibit powerful antioxidant properties that can help fight disease as well as protect the body. Consuming Green Mung Beans Have Been Studied to Treat: Diabetes, Heart Disease, Cancer, Celiac Disease/Gluten-Free Diets, Anemia, Osteoporosis, Digestive imbalances, Inflammation, Regulate Hormones after Menopause, Relieve Hot Flashes, and Prevent Osteoporosis.

Mung beans offer 14 grams of protein per cooked cup and are high in calcium, and iron is a great source of dietary fiber, vitamin C, magnesium, and potassium. They contain thiamin, iron, magnesium, riboflavin, niacin, phosphorus, potassium, and copper, and are a good source of folate, Vitamin K, and Vitamin B6. They also contain skin anti-aging properties that stimulate the production of hyaluronic acid, collagen, and elastin, all essential to younger healthier skin.