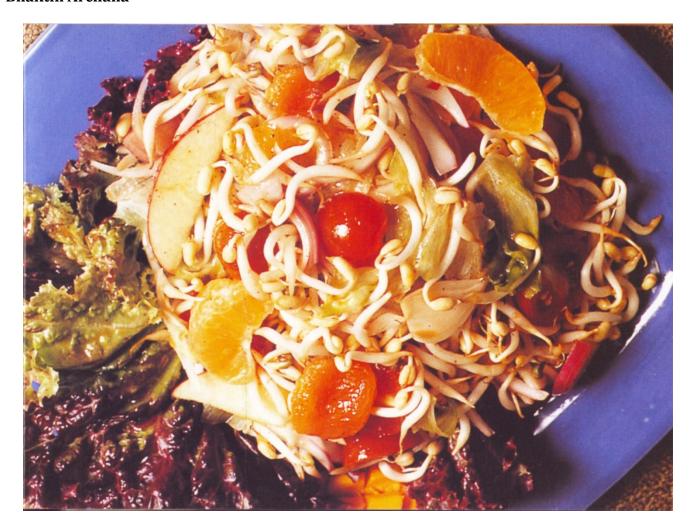
Recipe

Beans-Sprouts and Fruit Salad

By

Bhaktin Archana



Ingredients

- Bean sprouts 1 cup
- Baby tomatoes 8
- Oranges 2
- Pineapple 2 slices
- Mango (ripe) 1
- Apple 1
- Peach 1
- Apricots 6
- Lettuce leaves 6
- Olive oil 4 tbsp
- Balsamic vinegar 1 tbsp
- Salt To taste
- Peppercorns (freshly ground) 1/2 tsp
- Fresh orange juice 2 tbsp

Preparation

- 1. Wash and drain bean sprouts.
- 2. Wash and cut baby tomatoes into two.
- 3. Peel oranges, separate segments, remove pips and slice them.
- 4. Cut pineapple slices into cubes.
- 5. Wash and peel mango. Cut into slices and then into cubes.
- 6. Wash apple and peach and cut into cubes.
- 7. Soak apricots in warm water for a few hours, if dry or else wash and use as such.
- 8. Wash lettuce well under running water and shred.
- 9. Put all the above in a salad bowl. Add bean sprouts and toss.
- 10. Prepare dressing by mixing together olive oil, balsamic vinegar, salt, freshly ground Peppercorns, fresh orange juice. Mix well and chill till use.
- 11. Just before serving add dressing to bean sprouts and fruit mixture and serve.

Serves

3-4 Persons

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