

Herbal Legacy Recipes

Pulse Salad

From Original Fast Foods by James & Colleen Simmons
<http://www.christopherpublications.com/OriginalFastFood.html>

Yield: 8 servings

Ingredients

- 1 cup each; sprouted adzuki, mung, and garbanzo (chickpeas) beans
- 2 cups soaked and barely sprouted grain (triticale or wheat)
- 1-cup each; fresh corn kernels, peas, beets, and jicama
- ¼ cup red onion; chopped
- ½ cup red bell pepper, chopped
- ½ cup finely chopped or grated carrots
- ¼ cup black olives, sliced (optional)
- ½ cup fresh cilantro, chopped
- All other market-fresh vegetables of choice (to desired amounts)
- Mixed leafy greens (according to desired serving amounts)
- 1 recipe Honey Mustard Sauce
- 1 Tbsp Bragg's Liquid Aminos
- 2 shakes hot sauce

Directions

Combine Honey Mustard Sauce (http://www.herballegacy.com/Honey_Mustard_Sauce.html), Bragg's and hot sauce in a small bowl and mix well. Combine all remaining ingredients, except mixed leafy greens, into a large bowl and mix well. Serve over a bed of mixed leafy greens or with leafy greens inside a large wrap. Pour honey mustard dressing onto separate servings, as desired. Remaining pulse may be refrigerated for several days, provided that the dressing, tomatoes, avocado, and cucumbers are not added to serving portions until food is going to be eaten. They will cause mix to go slimy in the refrigerator.