

I talian Sprouted-Bean Salad

This salad is great for parties and picnics. For instructions on sprouting beans,

- 1 cup sun-dried tomatoes (not oil-packed)
- 1 cup dried adzuki beans, sprouted
- 1 cup dried black beans, sprouted
- 1 cup dried garbanzo beans, sprouted
- 1 cup dried lentils, sprouted
- 1 cup chopped baby spinach
- 1/2 cup extra-virgin olive oil
- Pinch sea salt, plus more to taste
- 1 cup chopped, pitted kalamata olives
- 1/4 cup chopped garlic
- 1/4 cup honey or sweetener of your choice

Soak the tomatoes in enough water to cover for 1 hour. Drain. Set aside. Combine the beans, lentils, spinach, 1/4 cup of the oil, and a pinch of salt in a large bowl. Mix well. With your hands or a large spoon, mix in the tomatoes, olives, and garlic. Add the honey and mix again. Stir in the remaining 1/4 cup of oil. Season with salt to taste.