**Sprouted Moong Salad**

Prep time: 20 min Cook time: 0 min

**Ingredients:**

* 1½ cups moong bean sprouts
* ¼ cup finely chopped onions
* ⅓ cup finely chopped tomatoes
* ¼ teaspoon red chili powder
* ½ teaspoon chaat masala
* 1 teaspoon lemon juice
* ½ boiled potato, peeled and finely chopped
* 1 tablespoon virgin olive oil
* Low sodium or black salt, to taste
* 2 tablespoons chopped coriander leaves (for garnish)
* Optional: Chopped cucumber, grated carrots, or beets for extra nutrition

**Instructions:**

**Sprout the Moong Beans:**

1. Soak moong beans in water for 8-12 hours.
2. Drain the water and keep the beans in a covered container for 1-2 days until they sprout.

**Cook the Sprouts:**

1. Rinse the sprouted moong beans a few times. Place them in a pan, add water as needed, and boil until softened (or cook them half-way if you prefer a crunchier texture).
2. Drain the water completely.

**Mix the Salad:**

1. In a large bowl, combine the cooked moong sprouts, finely chopped onions, tomatoes, and boiled potato pieces.

**Add Spices and Seasoning:**

1. Sprinkle red chili powder and chaat masala over the mixture.
2. Stir well to combine.

**Dress the Salad:**

1. Add salt, olive oil, and lemon juice.
2. Mix thoroughly and garnish with chopped coriander leaves and lemon slices.

**Optional Additions:**

1. For added nutrition, you can include chopped cucumber, grated carrots, or beets.