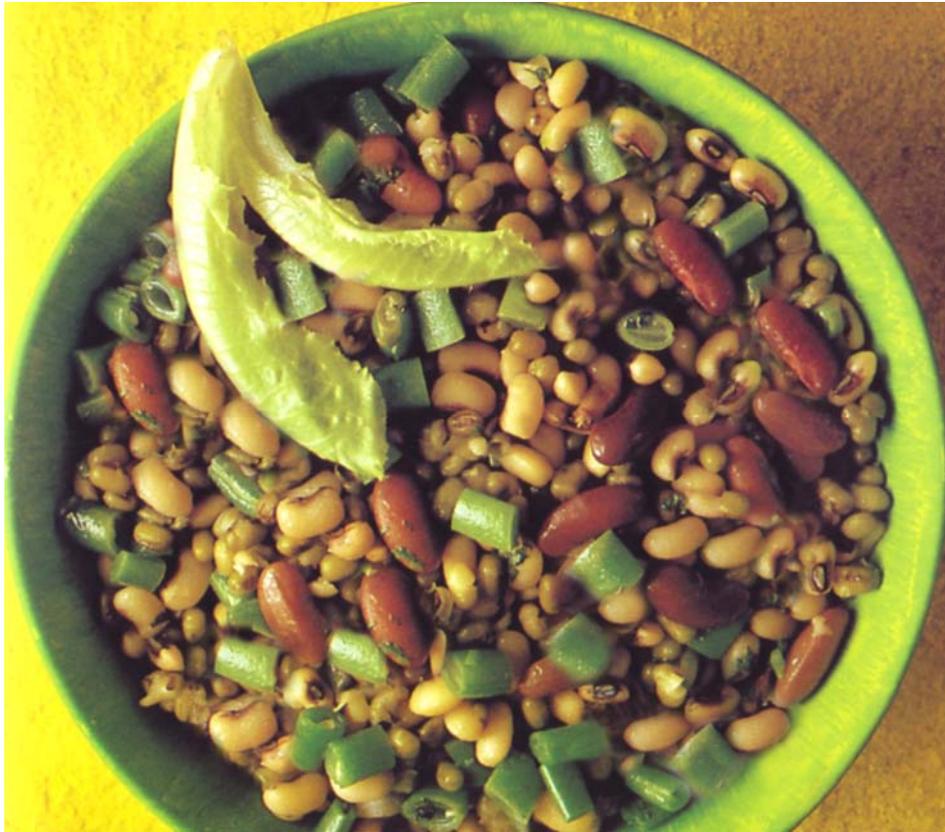


Recipe

FOUR BEAN SALAD

By

Bhaktivedanta Hospital – Diet department



Ingredients

| | |
|--|----------------|
| Green gram (<i>sabut moong</i>)..... | ¼ cup |
| White cow beans (<i>chowla</i>)..... | ¼ cup |
| Red kidney beans (<i>rajma</i>)..... | ¼ cup |
| French beans..... | 10-12 |
| Fresh coriander leaves..... | ½ medium bunch |
| Fresh mint leaves..... | ¼ medium bunch |
| Green chilies..... | 2 |
| Ginger..... | 1 inch piece |
| Lemon juice..... | 3 tbsp |
| <i>Chaat Masala</i> | ½ tsp |

Preparation

1. Pick and wash white cow beans and kidney beans separately.
2. Soak them, separately, overnight in one cup of water each. Wash and soak green gram for about two hours.
3. Boil these soaked beans separately in salted water till soft. Drain and let cool.
4. String French beans, wash and cut into one-fourth inch sized pieces. Boil in salted water till done. Drain immediately (you may reserve the cooking liquid for using as stock for some other recipe) and refresh with cold water. Drain and keep aside.
5. Clean, wash, drain and chop coriander and mint leaves. Remove stems, wash and chop green chilies finely. Peel, wash and chop ginger.
6. Dilute lemon juice with equal amount of water. Stir in chopped coriander leaves, mint leaves, green chilies, ginger and *chaat masala*. Shake well and refrigerate the dressing for at least an hour.
7. Mix cooked beans with the dressing prepared. Toss salad to evenly mix the dressing.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**