

Four Bean Salad

Ingredients:

¼ cup green grams (whole moong)	¼ cup mint leaves
¼ cup fava beans	2 green chilies
¼ cup red kidney beans (rajma)	3 tbsps lemon juice
100 gms French beans	1 ½ tpsps chaat masala
1 medium sized onion	Salt to taste
½ cup cilantro leaves	

Method:

1. Pick and wash fava beans and kidney beans separately. Soak them separately overnight in plenty of water. Wash and soak the green moong beans for about 2 hours.
2. Boil the three soaked beans separately in salted water till soft. Drain and let them cool.
3. String the French beans and cut into ¼ inch pieces. Boil in salted boiling water till done. Drain immediately and refresh with cold water. Drain and keep aside.
4. Peel and cut onion into ¼ inch sized pieces. Clean, wash and drain and chop cilantro and mint leaves. Wash and chop green chilies finely. Peel and wash ginger and chop it.
5. Dilute lemon juice with equal amount of water. Stir in chopped cilantro, mint, green chilies, ginger and chaat masala. Shake well and refrigerate the dressing for at least an hour.
6. Mix all the cooked beans with diced onion and add the dressing. Toss the salad to evenly mix the dressing.

Serves: 4

Preparation time: 20 minutes

Nutrition Information (per serving):

Calories: 74

Protein: 7.7 gms

Carbohydrate: 13.8 gms

Total Fat: 0.4 gms

Sodium: 11.7 mg

Fiber: 2.8 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.