

Rice and Bean Salad with Sprouted Lentils

Ingredients:

- 1/2 pound dry pinto or kidney beans
- 1 pound fresh cooked green beans (or reconstituted dried green beans)
- 2 cups cooked brown rice
- 1 cup diced celery (or reconstituted dried celery)
- 1/2 cup diced green peppers (or reconstituted dried green peppers)
- 1/4 cup chopped pimento (optional)
- 1/2 cup (or more) sprouted lentils
- 1/2 cup oil
- 1/2 cup wine vinegar
- 1 teaspoon each - honey, salt & pepper
- 1 medium onion, sliced thin for garnish (optional)

Cover beans with water and soak overnight. Drain water, cover and cook until just tender. Drain. Combine green beans and pinto or kidney beans, rice, celery, peppers, pimento and lentil sprouts. In a separate bowl, combine oil, vinegar, honey, and seasonings. Toss all ingredients together.