



## Kala Chana Salads

**Kala Chana can be used in different ways--**

**Sprouted Kala Chana Salad-**

**Preparation time -- 5 min.**

**Serves--4**

**Ingredients-**

- 1.Sprouted Kala Chana-1 cup
- 2.Grated ginger--1 tsp
- 3.Green Chilli--1 medium size
- 4.Lime juice--1 tsp.
- 5.Chopped Cilantro--2 tsp.
6. Chat masala-1/2 tsp (MDH Brand) Can buy from Indian Grocery Store
- 6.Salt-According to your taste

**Method-**

Mix all the ingredients in a bowl and serve.

**Boiled Kala Chana salad-**

**Preparation time --10 min.**

**Serve -4**

**Ingredients--**

- 1.Boiled Kala Chana- 1 cup
- 2.Boiled Potato- 1 medium size ( Preferably Red Potato)
- 3.Cucumber-- ¼ cup

4. Tomato- ¼ cup ( Roma is good for it )
5. Grated ginger-1 tsp
6. Green Chilli-1 medium size (Optional )
7. Lime Juice- 1 tsp
8. Red Chilli powder- your choice
9. Chaat masala- ½ tsp (MDH brand) from Indian Grocery Store
10. Roasted Cumin seed powder- ½ tsp
11. Fresh Cilantro leaves - 2 tbsp.(Chopped)
12. Salt - to your taste

#### **Method---**

1. Peel the Potato and cut in small pieces.
2. Cut all the veggies.
3. Mix Chana and all the Chopped veggies ,ginger, green chilli spices.
- 4 Add lime juice and Cilantro, mix it well and serve.

#### **Tips--**

1. Can soak and boil Kala Chana and freeze it .
2. You can use same recipe with canned Chick peas also.