

## Sprouted Lentil Salad

### Ingredients:

- 2 cups sprouted lentils or crunchy sprout mix
- 1 cucumber, diced small
- 1 box grape tomatoes, halved
- ¼ cup minced red onion
- ¼ bunch cilantro, chopped
- ½ cup sun chokes, diced

### Dressing:

- 2 TBS olive oil (you may want more, to taste)
- 2 TBS lemon juice
- 1 TBS white balsamic or other light vinegar
- 2 tsp mixed Italian seasonings
- salt and pepper to taste
- optional 2 dates or a few drops of stevia

### Directions:

Combine the chopped vegetables.

Blend the dressing. If you want a sweet note and use the dates, do this in the food processor.