

Old Fashioned Chow Mein

Ingredients

1 pound pork or chicken breast,
cubed
oil for cooking
4 stalks celery, sliced
2 medium onions, sliced
12 ounces BEANSPROUTS
5 ounces bamboo shoots, sliced
1 tablespoon soy sauce
1 tablespoon cornstarch
1 cup beef or chicken broth
chow mein noodles

Preparation

Brown cubed meat in hot oil in a large skillet or wok 5 minutes at high temperature. Add celery and stir well while cooking over medium heat until celery is tender. Add beansprouts and bamboo shoots and cook for about 3 minutes. Blend together soy sauce, cornstarch, and 1 tablespoon broth. Add with remaining broth to skillet. Cook, stirring gently but constantly, until thickened. Adjust seasoning with soy sauce and/or salt. Serve over noodles.

Recipe serves 4.

Scallops on Wilted Pea Shoots

Ingredients

SCALLOPS:

1 Tablespoon good olive oil
2 Tablespoons butter
1 onion, chopped
2 cloves garlic, minced
1 pound sea scallops
¼ cup white wine or sherry

WILTED PEA SHOOTS:

1 tablespoon good olive oil
2 tablespoons butter
6 ounces pea shoots, cut in half
Salt & pepper to taste

Preparation

Heat olive oil and butter in a large skillet or wok. Add onion and garlic and sauté on medium heat until onions are golden brown, stirring often. Add the scallops and sauté until browned and lightly cooked. Toss in wine or sherry and raise heat to boil quickly; then immediately turn off heat and remove contents from hot pan.

Heat olive oil and butter in a medium sized skillet. Toss in pea shoots and let cook in oil and butter, flipping gently with a spatula just until wilted. Divide pea shoots onto two deep plates. Place half of scallops on each pile of pea shoots, and spoon on onion, garlic, wine sauce.

Recipe serves 2

Wilted pea shoots can be eaten alone as a delicious vegetable.

Sliced Pork Rolls and Bean Sprouts By Mrs. Kawakami*

Ingredients

Thinly sliced pork, 10 slices
Bean sprouts, 300 g
Green asparagus, 10 pieces
Broccoli Sprouts, 1 pack
Salt and pepper, to taste

Sauce:

Mayonaise, 1/4 cup
mustard, 2 Tbsp.

Preparation

Click [here](#) to see a video of Mrs. Kawakami preparing this delicious sprout meal.

*Mrs. Kawakami, author of many cookbooks and Food coordinator for Daisey Group in Japan, prepared many dishes for the ISGA Convention's Sprout Fest Luncheon in May 2010. Her recipe booklet can be found at www.isga-sprouts.org/convention/SumiyoKawakamirecipebook.pdf and includes this recipe.



Tomorrow's Layered Salad

Ingredients

10 ounces spinach, cleaned,
pieced (300 g)
4 ounces alfalfa sprouts (125 g)
4 eggs, hard boiled, chopped
1 bunch scallions, chopped
(including tops)
1 pound bacon, cooked and
crumbled (500 g)
10 ounces tiny frozen peas,
cooked (300 g)
2 teaspoons sugar (10 ml)
1 cup Swiss cheese, grated (250
ml)
salt & pepper to taste

Dressing:

1-1/2 cups sour cream (375 ml)
1-1/2 cups mayonnaise 375 ml

Preparation

In a 10" x 13" glass pan, using
half the ingredients, layer
spinach, sprouts, eggs, scallions,
bacon and peas. Sprinkle with
sugar, salt and pepper. Frost with
half the dressing. Repeat.
Garnish with cheese. Cover with
plastic wrap and refrigerate
overnight.

Recipe serves 8.

Oriental Salad

Chinese New Year Special!

Preparation:

3/4 cup mayonnaise (175 ml)
1 tablespoon lite soy sauce (15 ml)
1 tablespoon lemon juice (15 ml)
3/4 teaspoon powdered ginger (4 ml)
5 ounces BEANSPROUTS (150 g)
1 cup shrimp, cooked
1 cup scallops or crab, cooked (250 ml)
1 cup chow mein noodles (optional) (250 ml)
5 ounces (1 can) water chestnuts, sliced (150 g)
1/4 cup green onions, sliced (50 ml)
1/4 cup celery, finely chopped
lettuce leaves (50 ml)

For dressing mix mayonnaise, soy sauce lemon juice and ginger. Mix remaining ingredients, except lettuce. Toss with dressing and serve on lettuce leaves.

Recipe Serves 6.

Nutrition Per Serving

Calories 290
Protein 15.2 g
Carbohydrates 5.8 g
Fat 22.8g
Saturated Fat 3.6 g
Cholesterol 134.8 mg
Sodium 619.0 mg
Potassium 375.0 mg
Dietary Fiber 1.3 g

Percent US RDA Per Serving

Protein 34%
Vitamin A 6%
Vitamin C 8%
Thiamin 4%
Riboflavin 7%
Niacin 12%
Calcium 5%
Iron 20%
Vitamin B6 11%
Vitamin B12 408%
Folacin 20%

Beansprouts and Julienned Vegetables

Preparation:

16 ounces BEANSPROUTS 500 g
1 green pepper, julienned
3 slices cooked ham, julienned
3 stalks green onions, minced
2 eggs
2 tablespoons oil for frying eggs
25 ml

Dressing:

3 tablespoons lite soy sauce 40 ml
1 tablespoon oil 15 ml
1 teaspoon vinegar 5 ml
few drops sesame oil (optional)

Place beansprouts in a bowl and cover with boiling water for 3-5 minutes. Rinse under cold water, drain, and set aside. Prepare green pepper, ham and green onions. Beat eggs and fry in thin sheet. Cut sheet into narrow strips. Toss all ingredients together with dressing.

Serves 6

Nutrition Per Serving

Calories 104
Protein 4.7 g
Carbohydrates 5.8 g
Fat 6.7g
Saturated Fat 1.8 g
Cholesterol 91.3 g
Sodium 203.0 mg
Potassium 172.0 mg
Dietary Fiber 1.0 g

Percent US RDA Per Serving

Protein 10%
Vitamin A 5%
Vitamin C 28%
Thiamin 7%
Riboflavin 10%
Niacin 2%
Calcium 3%
Iron 13%
Vitamin B6 6%
Vitamin B12 86%
Folacin 29%

Rice Salad

Preparation:

2 cups brown rice, cooked in 3 cups of water until tender
1/3 cup of olive oil
1/2 cup of orange juice
1/2 teaspoon crushed red pepper
2 tablespoons of tamari
1 teaspoon salt
2 tablespoons cider vinegar
1 cup chopped pineapple (or canned crushed, undrained)
10 peapods, chopped
3 scallions, minced
1 stalk celery, chopped
1/2 cup raisins
1/2 cup peanuts, chopped
12 ounces BEANSPROUTS

While rice is cooking combine all other ingredients. Add to rice, mix well and chill. Pack a cup and a half or two cups of this salad and take it to work with a piece of fruit for a refreshing lunch. Serve it on a bed of alfalfa sprouts or alfalfa with garlic sprouts for an attractive and delicious company lunch.

Serves 6

Nutrition Per Serving

Calories 471
Protein 9.5 g
Carbohydrates 40.5g
Fat 14.5g
Saturated Fat 2.1g
Cholesterol 0.0g
Sodium 405.0 mg
Potassium 504.0 mg
Dietary Fiber 3.6g

Percent US RDA Per Serving

Protein 24%
Vitamin A 6%
Vitamin C 25%
Thiamin 17%
Riboflavin 18%
Niacin 23%
Calcium 10%
Iron 19%
Vitamin B6 13%
Vitamin B12 9%
Folacin 30%

Sandwich Recipes with Sprouts

SPROUT MOUNTAIN SANDWICH

3 slices cooked bacon
1/4 tsp. horseradish
1 tsp. mayonnaise
1 tsp. relish
dash of paprika

Crumble bacon and mix with remaining ingredients. Spread the mixture on an open croissant. Then add in layers:

alfalfa sprouts
cucumber, thinly sliced
tomatoes
green onions, chopped

LIVELY GRILLED CHEESE

Liven up a grilled cheese sandwich by adding sliced tomato, radish sprouts, buckwheat sprouts and a sprinkle of sunflower seed sprouts.

DELICIOUS SPROUT OMELET

3/4 cup of Chinese bean sprouts (mung beans) or alfalfa sprouts
1 tsp. diced bell pepper
1 tsp. diced green onion
2/3 cup sliced mushrooms
1/4 cup diced water chestnuts
2 eggs
1/4 cup milk
1 to 2 tsp. vegetable oil
salt and pepper to taste

In an omelet pan, saute vegetables and bean sprouts in oil for 3 - 5 minutes. Remove vegetables and place on a warm plate. Whip together the eggs, milk and seasoning. Pour egg mixture into the omelet pan and cook on both sides. Place vegetables in center and fold omelet over.

If using Alfalfa sprouts, saute the vegetables 1 to 3 minutes before adding the alfalfa sprouts so that they cook for only 2 minutes. Cooking alfalfa sprouts changes their taste in an interesting way.

Salad Recipes with Sprouts

FRESH WINTER SALAD

1 cup each:

Chinese bean sprouts

Alfalfa sprouts

Spicy sprouts

One-half cup each:

Mixed sprouts

Sunflower seed sprouts

Wheat sprouts

Cabbage sprouts

1 diced red bell pepper

and/or

1 grated carrot

Gently toss all ingredients. Serve with Parsley-Garlic Dressing (recipe below) or your own favorite dressing.

PARSLEY-GARLIC DRESSING

One-half cup of sunflower seed sprouts

One-eighth cup dried parsley

or

On-quarter cup fresh, chopped parsley

1 small clove of garlic

Two-thirds cup water

2 tsp. lemon juice

1 tsp. tamari or soy sauce

Blend all ingredients together at high speed, till creamy.

BABY GREENS AND SPINACH SALAD

1 cup each:

Buckwheat sprouts

Sunflower sprouts

2 cups of spinach, washed and torn in bite size pieces

one-half small red onion, thinly sliced

1 cup of sliced fresh mushrooms

one-half cup of croutons

Toss together and serve with lemon juice.

FEBRUARY FRUIT SALAD

2 oranges, peeled and diced

1 cup red grapes

1 kiwi, peeled and diced

1 cup Chinese bean sprouts

One-half cup sunflower seed sprouts

Gently toss together all ingredients.

This salad is so mouthwatering, it doesn't need a dressing.

GREAT WAYS TO SERVE SPROUTS

From International Sprout Growers' Association <http://www.isga-sprouts.org/recipes.htm>

- Add to tossed salads
- Use in coleslaw (cabbage, clover, radish)
- Try in potato salad (mung bean, lentil)
- Try in wraps and roll-ups (alfalfa, sunflower, radish)
- Stir-fry with other vegetables (alfalfa, clover, radish, mung bean, lentil)
- Blend into fruit shakes or juices (cabbage, mung bean, lentil)
- Blend with vegetable juices (cabbage, mung bean, lentil)
- Replace celery in sandwich spreads (lentil, radish)
- Mix with soft cheeses for a dip (mung bean, radish)
- Grind up and use in sandwich spreads (lentil, radish)
- Top grilled cheese sandwiches after grilling (alfalfa, clover)
- Stir into soups or stews when serving (mung bean, lentil)
- Mix into pancake or waffle batter (buckwheat)
- Eat them fresh and uncooked in a sprout salad (salad mixes)
- Top omelet or scrambled eggs (alfalfa, clover, radish)
- Combine in rice dishes (fenugreek, lentil, mung bean)
- Add to sushi (radish, sunflower)
- Saute with onions (mung bean, clover, radish)
- Puree with peas or beans (mung bean, lentil)
- Add to baked beans (lentil)
- Steam and serve with butter (mung bean, lentil)
- Use in sandwiches instead of lettuce (alfalfa, clover, radish)

Tropical Beansprout Coleslaw

Preparation:

5 ounces BEANSPROUTS
1 cup cabbage, chopped
1/2 cup seedless grapes, cut in half
1/2 cup fresh pineapple, chopped
(or canned unsweetened crushed pineapple)

Dressing:

1/2 cup plain non-fat yogurt
1/4 cup reduced calorie mayonnaise
1 teaspoon mustard
1/2 teaspoon salt

Combine beansprouts, cabbage, grapes and pineapple in a large bowl. In a small bowl mix yogurt, mayonnaise, mustard and salt. Pour dressing over salad and toss lightly. Serve on salad greens.

Serves 4

Nutrition Per Serving

Calories 102
Protein 3.0 g
Carbohydrates 10.0g
Fat 5.8g
Saturated Fat 1.1g
Cholesterol 11.8g
Sodium 445.0 mg
Potassium 206.0 mg
Dietary Fiber 0.6g

Percent US RDA Per Serving

Protein 7%
Vitamin A 3%
Vitamin C 20%
Thiamine 5%
Riboflavin 8%
Niacin 2%
Calcium 9%
Iron 7%
Vitamin B6 4%
Vitamin B12 48%
Folacin 20%

Cottage Cheese, Fruit and Sprout Salad

Preparation:

1/2 cup low-fat cottage cheese
1/2 cup CRESS OR CLOVER SPROUTS, chopped
4 tablespoons fresh pineapple (or canned crushed pineapple, drained)
4 tablespoons pear, diced or substitute nectarine, mango or guava.
2 lettuce leaves

Mix cottage cheese and sprouts. Stir in pineapple and pear. Serve chilled on top of a lettuce leaf.

Serves 2

Nutrition Per Serving

Calories 78
Protein 6.5 g
Carbohydrates 7.5g
Fat 2.4g
Saturated Fat 1.5g
Cholesterol 0.0g
Sodium 205.0 mg
Potassium 103.0 mg
Dietary Fiber 0.6g

Percent US RDA Per Serving

Protein 15%
Vitamin A 3%
Vitamin C 7%
Thiamine 2%
Riboflavin 7%
Niacin 1%
Calcium 4%
Iron 3%
Vitamin B6 4%
Vitamin B12 15%
Folacin 5%

Quick and Easy Stir-Fry

Preparation:

2 tablespoons vegetable oil
1 clove garlic, minced
1 onion, sliced
1 stalk celery, sliced
1 cup mushrooms, sliced
12 ounces BEANSPROUTS
1/2 teaspoon fresh ginger, diced
1 teaspoon oyster sauce
2 teaspoons lite soy sauce

Prepare and set aside all ingredients.
In a large skillet or wok, heat oil.
Add garlic, onion and celery, and cook 1 minute, stirring continually.
Add mushrooms and Beansprouts and continue cooking 1 minute more.
Season with ginger, oyster sauce and soy sauce. Heat thoroughly and serve over rice or pasta.

Serves 2

Nutrition Per Serving

Calories 157
Protein 3.1 g
Carbohydrates 6.6g
Fat 7.2g
Saturated Fat 0.6g
Cholesterol 0.0g
Sodium 208.6 mg
Potassium 249.0 mg
Dietary Fiber 0.9g

Percent US RDA Per Serving

Protein 5%
Vitamin A 0%
Vitamin C 14%
Thiamin 4%
Riboflavin 4%
Niacin 10%
Calcium 2%
Iron 12%
Vitamin B6 6%
Vitamin B12 18%
Folacin 5%

Sunshine Pocket

Preparation:

1 head of cauliflower, steamed until soft
1/4 teaspoon dry mustard
1/2 lemon, juiced
1/2 teaspoon curry powder
1/2 teaspoon seasoned salt or powdered kelp
1/4 teaspoon ground cardamom
1/3 cup mayonnaise or substitute*
4 ounces ALFALFA SPROUTS
3 carrots, grated
2 tomatoes, sliced
2 large whole wheat pita breads

* See Eggless Egg Salad recipe below for mayonnaise substitute

Mash cauliflower in a bowl, add listed ingredients through mayonnaise and mix. Chill well. Spread mix in pita bread and add Alfalfa Sprouts, carrots and tomatoes.

Serves 4

Nutrition Per Serving

Calories 171
Protein 6.1 g
Carbohydrates 24.8g
Fat 26.0g
Saturated Fat 0.1g
Cholesterol 10.0g
Sodium 441.0 mg
Potassium 805.1 mg
Dietary Fiber 5.1g

Percent US RDA Per Serving

Protein 7%
Vitamin A 160%
Vitamin C 90%
Thiamin 19%
Riboflavin 26%
Niacin 11%
Calcium 6%
Iron 18%
Vitamin B6 17%
Vitamin B12 5%
Folacin 35%

Fried Rice with Sprouts

Preparation:

2 tablespoons vegetable oil
1 onion, minced
1 clove garlic, minced
2 stalks celery, diced
1 cup mushrooms, diced
1 cup BEANSPROUTS, chopped
2 cups cooked rice
2 tablespoons lite soy sauce

Heat vegetable oil in a large skillet or wok. Add onion, garlic, celery and mushrooms. Stir-fry 5 minutes. Add the Beansprouts rice and soy sauce. Cook until rice is heated, and serve.

Serves 4

Nutrition Per Serving

Calories 121
Protein 2.5 g
Carbohydrates 20.4g
Fat 2.3g
Saturated Fat 0.6g
Cholesterol 0.0g
Sodium 105.8 mg
Potassium 109.2 mg
Dietary Fiber 0.4g

Percent US RDA Per Serving

Protein 4%
Vitamin A 0%
Vitamin C 3%
Thiamin 6%
Riboflavin 1%
Niacin 9%
Calcium 2%
Iron 7%
Vitamin B6 8%
Vitamin B12 0%
Folacin 5%

Sprouts Tabouleh

Preparation:

1 cup bulgur wheat *
1-1/2 cups boiling water
1-1/2 teaspoons salt
1/4 cup fresh lemon and/or lime juice
1/4 cup fresh olive oil
3 scallions, including greens, chopped
1 tablespoon fresh mint, chopped
OR 1/2 teaspoon dried (2 ml)
1 cup fresh parsley, chopped
4 ounces mixed munchy sprouts
such as lentils, peas, adzuki beans,
etc.
1 cucumber, diced (optional)
1 tomato, peeled, seeded and diced
(optional)

Combine bulgur, boiling water and salt in a bowl. Cover and let stand 30 minutes. Add all the other ingredients. Mix well. At this point the mixture will be watery. Refrigerate for at least 3 hours but overnight is best.

*** Bulgur wheat is available at health food stores**

Serves 4

Nutrition Per Serving

Calories 175
Protein 2.1 g
Carbohydrates 11.4g
Fat 14.4g
Saturated Fat 1.8g
Cholesterol 0.0g
Sodium 867.3 mg
Potassium 324 mg
Dietary Fiber 0.7g

Percent US RDA Per Serving

Protein 6%
Vitamin A 6%
Vitamin C 26%
Thiamin 4%
Riboflavin 9%
Niacin 7%
Calcium 7%
Iron 9%
Vitamin B6 7%
Vitamin B12 5%
Folacin 10%

Curried Lentil Sprout Salad

From: Sprout People http://sproutpeople.org/recipes/saladsandsides/curried_lentils.html



Ingredients

Serves 1 as main course or 2 as a side

1 cup [Lentil Sprouts](#) or [Peasant Mix](#)
1/2 cup chopped parsley
1/4 cup mayonnaise
2 Tbs. ketchup
2 Tbs. olive oil
1/4 tsp. dill weed
1/2 smallish red onion - diced
1/2 - 1 Tbs. curry powder
salt + pepper to taste
1 tomato - diced

Preparation

Chop veggies.

Mix all ingredients (except tomato) together by tossing gently.

Sprinkle diced tomato on top.

Serve

With pride.

Be sure to watch some of the folks first reactions when they taste this, and prepare yourself to tell them about it. They will be asking.

Notes

If this recipe doesn't prove that you can do ANYthing with sprouts, I don't know what will. Feel free to substitute yogurt for the mayo and another tomato based product for the ketchup - it is your kitchen after all! We triple or quadruple this recipe for our parties. It is extremely popular.

Online Sprout Resources

Sprout People

<http://sproutpeople.org/>

Everything you ever wanted to know about sprouts can be found here. Lots of pictures and videos. Every possible sprouting seed or supply can be purchased here (not certain about shipping to Alaska).

International Sprout Grower's Association

<http://www.isga-sprouts.org/>

Good information about sprout nutrition and safety. Good recipes.

Handy Pantry

<http://www.handypantry.com/>

Online source for ordering sprouts and supplies. Not certain about shipping to Alaska. This is the supply company for the Alaskan retailers I have used for seeds.

FDA Food Safety

<http://www.foodsafety.gov/keep/types/fruits/sprouts.html>

A reminder that sprouts, like any food, can be harmful if not treated safely. Note **that there has not been a reported outbreak of illness related to organic seeds grown specifically for sprouting.**

Alaskan Retailers Selling Sprout Seeds and Supplies:

(they will do bush orders for USPS flat rate shipping)

Sunshine Health Foods

410 Trainor Gate Road

Fairbanks, AK 99701

(907) 456-5433

www.sunshinehealthfoodstore.com/

Alaska Mill Feed and Garden Supply

1501 East 1st Avenue

Anchorage, AK 99501

(907) 276-6016

www.alaskamillandfeed.com/

