

Sprouted moong and Walnut (or peanut) baked or pan-fried kabobs
(Recipe by Radha Sukhani)

Ingredients: Makes 15-20 kabobs

- 1 cup soaked walnuts or Peanuts (soaked for 1-2 hours then rinsed and drained)
- 1 cup sprouted Moong (reference sprouting process)
- One medium potato boiled and cut into pieces
- One medium onion diced (Optional)
- One medium carrot grated
- Half medium or one small beet grated
- Half cup finely chopped fresh coriander and mint leaves
- One teaspoon roasted cumin powder
- Green chilies cut fine
- One tablespoon lemon juice
- Salt to taste
- Ghee or unrefined coconut oil if frying the kabobs, Baking does not need any ghee or oil.

Coating for kabobs

- One tablespoon freshly ground flaxseed powder
- One tablespoon sesame seeds

(Mix the above two and put on a flat plate so the kabobs can be placed in the mixture for coating all around with this mixture)

Directions

- Place onions followed by sprouted lentils, walnuts and potato in a food processor and blend well until the mixture binds itself like chapatti dough. Add a tablespoon of ghee or coconut oil and spin to separate the mixture from the blender.
- Add all other ingredients except for cilantro and mint. Blend till ingredients are blended.
- Add coriander/mint, grated beets, and carrots to the mix. Mix and blend lightly to retain the texture of mint and cilantro. Hold off on adding the salt until ready to fry or salt will run water out of all the vegetables. Store in the refrigerator until ready to bake or fry.
- .Take the mix out of the fridge when ready to fry, add the salt and make into 15-20 balls
- . Roll each ball in coating mix and pat gently to make 1-1.5 inch thick rolls.
- Bake rolls in the oven at 250-300°F for 25-30 minutes until golden brown.
- Turn rolls and bake another side for another 10-15 minutes.

- .If wish to pan-fry instead of baking, can do that using ghee or unrefined coconut oil.

Serve the kabob with green coriander-mint chutney.

(Note: Can prepare and half baked kabobs beforehand and store until storing. Will store for a day)