

# Home-grown sprouts perk up dip, stir-fry, meatloaf

See related story on Taste front.  
Here are a few recipes for sprouts. Try using them in omelettes, salads, on hamburgers, or eat them plain as snacks.

**HUMUS**  
2 cups sprouted garbanzo beans

1/4 cup olive oil  
1/4 cup fresh lemon juice  
2 cloves garlic, finely chopped  
1/2 cup tahini (Available in Middle Eastern stores)  
1/4 teaspoon ground cumin salt to taste

Blend all ingredients to smother sprouter that sprays water over the seeds automatically. It retails at just under \$50.

## Sprouts simple to grow

By Linda Ann Chomlin special writer

The cheapest way to grow sprouts is in a glass jar covered with cheesecloth or muslin secured with a rubber band.

A kit with a jar and three sprouting lids of various size meshes costs under \$5. Single lids are \$1.49, a set of three costs a little over \$3.

There are three other methods. I grow mine in three tiers of clear, plastic trays. Although not as quick to clean as jars, you can water them all at once. The Flosta Sprouter retails at just under \$25.

It's important when growing sprouts to rinse them daily or they'll spoil. If you're growing them in jars, tilt the jar on an angle by placing it in a bowl.

For those who don't have time for daily rinsing, there's an electric

You can also grow sunflower, wheat and buckwheat seeds on dirt in shallow trays. In five to seven days the sprouts will form small points producing an abundance of salad greens.

For more information on growing sprouts see "The Indoor Kitchen Garden," by Joy O.I. Spoznyaska (Harper & Row, Publishers, \$14.95) or "The Sprouting Book" by Ann Wigmore, (Avery Publishing Group, Inc. \$7.95). "Sprouting For Health in the 90s" (The Handy Pantry, \$2.95).

Information, seeds, beans and grains are also available at health food stores like the Good Food Company, 33521 8 Mile, Livonia, 477-7410, or 74 Maple Road, Troy, 362-0885.

consistency. Can be eaten as a dip with vegetables or with pita bread

## STIR-FRIED VEGETABLES AND SPROUTS

(Serves four)  
4 green onions, chopped  
1-2 cloves garlic, pressed  
1 pound per person of mixed raw vegetables, about three cups, of sliced mushrooms, nappa, carrots, celery, green pepper, snow peas, zucchini or broccoli florets, tomatoes  
3 cups mung bean sprouts

1 tablespoon cornstarch or arrowroot  
3 tablespoons water  
1 tablespoon sesame seed oil  
1 tablespoon soy sauce or tamari  
1 tablespoon mirin or sherry  
peanut oil for frying

Add a few drops of peanut oil at time to a hot wok or skillet. Starting with the crispest vegetables, begin to stir-fry. Add zucchini, next to last; sprouts last.  
Add to wok 1 tablespoon cornstarch or arrowroot mixed in 3

tablespoons water, 1 tablespoon sesame seed oil, 1 tablespoon soy sauce or tamari, 1 tablespoon mirin or sherry.  
Heat until sauce is cooked, and thickens. Adjust seasonings to taste

## SPROUTED MEAT LOAF

2 pounds ground round  
2 eggs  
1/2 cup powdered milk  
1/2 cup tomato sauce or paste  
1/2 cup bread crumbs or wheat germ  
1 large onion, chopped or shredded  
1-2 garlic cloves, minced

1 cup lentil sprouts  
1 cup sunflower seed sprouts  
1 1/2 cups radish sprouts, chopped  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon brewer's yeast  
1/2 teaspoon leavening freshly ground peppercorns  
1/4 teaspoon cayenne pepper

Combine all ingredients in large bowl. Mix thoroughly, preferably with hands. Pack into one large or two smaller, loaf pans. Bake at 350 F. for about one hour. Serves eight.

# For a taste of Italy, make pesto

See taste buds column on Taste front

## FRESH BASIL PESTO (makes 2 cups)

2 cups fresh packed basil leaves  
2 cloves garlic  
1/4 cup pine nuts  
1 cup fresh grated Parmesan cheese  
1/2 cup olive oil

If using a mortar and pestle, mince basil leaves and transfer to mortar and crush them to a fine paste with the garlic and pine nuts in

small batches. Blend in cheese, then add olive oil in a slow stream, stirring constantly to incorporate.

If using a food processor or blender, chop basil leaves with garlic until a paste forms, stopping to scrape the sides of the work bowl. Add nuts and cheese, process until smooth. With motor running, slowly drizzle in olive oil until smooth and creamy.

## MUSHROOMS STUFFED WITH PESTO

1/2 cup pesto

12 large stuffing mushrooms, stems removed  
Fresh grated-Parmesan cheese  
Few drops lemon juice

Brush mushroom caps with lemon juice to prevent darkening. Fill each cap with pesto, sprinkle with Parmesan and bake in a preheated 375 degree oven for 1-12 minutes or 'til filling bubbles. Pop under broiler to brown, if desired.

## TARRAGON PESTO

1 cup fresh tarragon leaves

2 cloves garlic  
1/2 teaspoon salt  
1/2 cup fresh white bread crumbs  
1 tablespoon fresh lemon juice  
1 cup walnut halves  
1/2 cup olive oil

Crush tarragon leaves to a fine paste. Add garlic and salt. Mix well. Stir in bread crumbs and lemon juice and beat until smooth. Add walnut halves and crush to a fine paste. Drizzle in olive oil while mixing constantly.

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