

Cabbage Chana Dal Salad

Written by W.J.Pais

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	2	Teacup	Cabbage - Green	Finely Chopped
2		Medium	Tomatoes	Finely chopped
1		Teacup	Cucumber	Chopped
1		Grams	Carrots	Shredded
10		Grams	Mint Leaves (Pudina)	Minced
1/4		Teacup	Dhal, Chana	yellow
1		Tablespoon	Olive Oil	Dressing
1		Tablespoon	Vinegar	Dressing
1		Tablespoon	Lemon Juice	Dressing
1		Tablespoon	Ginger Juice	Dressing
1		Teaspoon	Salt	Dressing
1		Teaspoon	Sugar, White	Dressing
1/2		Teaspoon	Pepper Powder	Dressing

Method.

1. Soak the chana dal for at least 2 hours in lukewarm water.
2. When ready, the dal should be soft all around.
3. Drain the water from chana dal.
4. Mix the chana dal with the chopped vegetables.
5. Mix the ingredients above together to make the salad dressing.
6. Mix the salad and dressing together and let sit for about a half hour so the salad is nicely marinated.

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Variations

- * Substitute chana Dal with split yellow moong dal or moong dal sprouts.
- * You can substitute the Dal with boiled corn and finely chopped bell pepper.

Suggestions

- * This salad dressing can be used with any salad.
- * Take out the vinegar and use this dressing with fresh fruit, adding chopped mint leaves.