

HOME ECONOMICS GUIDE



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Seeds To Sprouts

*Mildred Bradsher
State Extension Food
and Nutrition Specialist*

*Ruth C. Upchurch
State Extension Food
and Nutrition Specialist*

Sprouting From Seeds

Seeds contain nutrients such as proteins, minerals, carbohydrates, fats, and vitamins. When seeds have an environment to germinate and start to grow they become sprouts. Sprouts may have more vitamins than the seeds from which they come.

Sprouts are the beginning of new plants which could become a bean, a lentil, or a stalk of wheat.

Sprouts may be:

- Eaten raw, as in salads or as nibblers.
- Steamed or stir fried alone or with other vegetables.
- Used in casseroles.
- Stirred in batters or doughs.

Some seeds which will grow edible sprouts are:

- Soybeans
- Mung Beans
- Lentils
- Alfalfa
- Wheat
- Rye
- Oats
- Nuts

How To Sprout

1. Add $\frac{1}{3}$ teaspoon lime to 1 gallon lukewarm water and pour over 1 cup seeds. Soak 8 to 10 hours or overnight at room temperature. Use seeds that have not been chemically treated.
2. Rinse in lukewarm water and drain well.
3. Place seeds in container that can be drained, such as:
 - A colander or sieve that won't rust
 - A glass jar with open weave cloth tied over the top, then inverted and tilted so it can drain
 - A clay flower pot with drain hole in bottom
4. Keep seeds in the dark in a fairly cool place, between 68-70°F. A paper bag cover can supply darkness.
5. Rinse the seeds three or four times a day to keep them moist. (If you can't be at home to do this, cover the container of well drained seeds with a damp towel, then a paper to keep them from drying).



6. Each evening rinse with lime solution. The lime helps keep the seeds from souring and molds from growing.
7. Sprouting time takes:
 - 24 hours for rye
 - 2 days for mung beans
 - 3-5 days for soybeans and alfalfa

How to know when sprouts are ready to use

A cup of seeds will make 3 to 6 cups of sprouts, depending on the size:

- Beans, lentils, or alfalfa sprouts may be $1\frac{1}{4}$ inch long or longer.
- Grain sprouts are ready to use when they are $\frac{1}{2}$ inch long.

When sprouts are grown, use them at once, or keep in a plastic bag or covered container in the refrigerator. They keep up to four days in the refrigerator.

How To Use

Wash sprouts two or three times before eating or cooking to remove lime or hulls.

Sprouts take only a short cooking time or can be eaten raw. Here are some recipes.

Calico Salad

2 cups each of green beans, wax beans, red kidney beans, drained

1 cup bean sprouts

½ cup green pepper chopped

½ cup onion, minced

Mix and add to above:

½ cup salad oil

⅔ cup vinegar

⅔ cup sugar

1 teaspoon salt

½ teaspoon pepper

Mix all together. Cover. Refrigerate. Let stand eight hours or longer for flavors to blend.

Stir-Fried Sprouts

2 cups bean sprouts *or*

2 cups sprouts and thinly-sliced vegetables, such as carrots, cabbage, broccoli

1 tablespoon cooking oil

¾ cup finely sliced beef or chicken (optional)

1 teaspoon salt or 2 tablespoons soy sauce

Put cooking oil in skillet or wok and heat until very hot, almost smoking. Add sprouts, vegetables, meat, if desired, and salt or soy sauce. Cook and stir constantly until barely tender, about 3 minutes. May be served over rice.

Cooked Bean Sprouts

Bring to a boil ¾ cup water salted.

Add 4 cups bean sprouts (soybean, mung bean or lentils).

Simmer, covered, until crisp tender—just long enough to remove raw bean flavor.

Serve as a vegetable alone or combined with other foods.

Coleslaw Special

½ head shredded cabbage

2 cups alfalfa sprouts

½ cup of chopped soybean sprouts

½ cup green pepper, slivered

1 2-inch onion, slivered

Mix with a tart coleslaw dressing.

Bacon Bits

Chop soybean sprouts and fry in bacon fat until browned.

Drain on paper towel. Use to flavor eggs, salads, or any place you would use bacon.

Scrambled Eggs with Bean Sprouts

2 cups bean sprouts cooked and drained

2 teaspoon soy sauce

2 tablespoons onions, finely cut (green or dry onions)

6 eggs

2 tablespoons butter

⅛ teaspoon pepper

Melt butter in large skillet and cook onions one minute without browning. Add bean sprouts. Mix lightly. Add salt and soy sauce to eggs and beat slightly. Pour over bean sprouts. Scramble and cook over low heat until eggs are set. Serve on hot buttered toast.

Soy Bean Sprout Casserole

1 cup milk, or light cream

2 egg yolks

3 medium-sized onions sliced

1 cup celery, cut in large pieces

1 cup diced carrots

2 cups soy bean sprouts

1 teaspoon salt

⅛ teaspoon pepper

½ cup buttered bread crumbs

Steam carrots and soy bean sprouts 20 minutes with ½ cup water in tightly covered pan. Saute onion and celery. Add sprouts and carrots. Beat egg yolks and add milk, salt and pepper. Stir into vegetable mixture. Pour into greased casserole. Bake 30 minutes at 350°F. (Serves 6)

Remember:

Use seeds that have not been chemically treated.

Sprouts are low in food energy. Mung bean sprouts are a good source of calcium, vitamin A, potassium, phosphorus, and vitamin C.

Soybean sprouts are a good source of calcium, phosphorus, and vitamin C and provide more nutrients than Mung bean sprouts.

Lime is used to keep seeds from souring and to prevent mold. Use calcium hydroxide which is called slaked, builders or household lime. **DO NOT USE QUICK LIME.**

A container that can be drained must be used.

Too much moisture causes mold.

Too little moisture keeps seeds from sprouting.

Alfalfa sprouts can be uncovered the last day of sprouting. This will make them turn green. They will look good and be higher in Vitamin A.