

Sea Veggies

Basic Seaweed Salad

<p>Ingredients: 1 handful dried wakame 1 handful dried hijiki 1 sheet kelp/kombu</p> <p>Dressing: ¼ cup sesame tahini 2 tbsp olive oil 2 tbsp rice vinegar or lemon juice ¼ tsp salt 1 tsp raw honey</p> <p>Dressing Alternative 1 tbsp rice vinegar 2 tbsp olive oil 1 tsp Braggs aminos ½ tsp agave nectar</p>	<p>Prep Time: 30 minutes Cooking Time: 0 minutes Yield: 2 servings</p>
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Directions:

1. Put the wakame and hijiki in a deep bowl. Tear the kelp into small pieces and add to the bowl. Cover the seaweeds with enough filtered water so that when they double in volume they will still remain underwater. Soak for 20-30 minutes.
2. Mix all of the dressing ingredients together with a whisk or fork. You can also use a blender.

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Quick Nori Soup

<p>Ingredients: 5 nori sheets 2 tbsp daikon radish, grated 3 slices ginger 2 tsp umeboshi paste 3-4 cups boiling water</p>	<p>Prep Time: 5 minutes Cooking Time: 15 minutes Yield: 4 servings</p>
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Directions:

1. In a dry skillet, toast each nori sheet for 1-2 minutes on each side.
2. Tear or cut nori into bite size pieces.
3. Add nori, umeboshi, daikon and ginger to a pot of boiling water and simmer for 10 minutes.

Variations:

Add chopped scallions just before serving. You can also try adding a grated carrot for a bit of a sweet flavor.

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Eggs with Arame

Ingredients:

1 cup arame
4 free-range organic eggs
pinch of sea salt

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Directions:

1. Soak and wash arame.
2. Prepare eggs as you like best.
3. Cook arame in 1-inch of water for 5 minutes or until it moistens and heats nicely through.
4. Remove arame from water. Add to eggs.
5. Splash with some sea salt.

Variations:

Garnish with scallions or parsley.

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Garlic Hijiki with Mung Bean Sprouts

Ingredients:

1 cup hijiki
1 cup mung bean sprouts
1 clove garlic, pressed or minced
1 tbsp tamari
1 tbsp olive oil
2 cups water

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Wash and soak hijiki, for about 20 minutes.
2. Heat oil with garlic and tamari for 2 minutes.
3. Drain hijiki and sauté for 2 more minutes.
4. Add water, cover and simmer for 5 minutes.
5. Add mung bean sprouts, mix and stir for a few minutes.
6. Remove from heat and serve.

Variations:

Try different sprouts, such as chickpea or crunchy mixed sprouts.

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Wakame with Greens

Ingredients:

½ cup wakame, soaked and chopped
1 bunch leafy green vegetables (collard, kale, or mustard greens)
Juice of ½ lemon
2 tbsp toasted sesame seeds
1 tbsp olive oil
dash of salt

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yields: 2-4 servings

Directions:

1. Wash, soak and chop wakame into small pieces.
2. Wash and chop greens into bite size pieces.
3. Cook wakame in a small amount of water until it becomes tender, about 5 minutes.
4. In a skillet, heat oil, add greens and sauté for 5-7 minutes.
5. Add a dash of salt to sauté and cook 3-5 more minutes.
6. Sprinkle with gomasio and lemon juice and serve.

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Dulse Dressing

Ingredients:

3 scallions, finely chopped
½ cup dulse flakes
2-3 tbsp tahini
1 tbsp umeboshi paste
½ cup water

Prep Time: 5 minutes

Yield: 1 cup (dressing)

Directions:

1. Warm the water, add tahini and stir until creamy.
2. Stir or blend in umeboshi paste thoroughly.
3. Stir in dulse and scallions.

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