



# Recipes

## Sea Vegetables

### **Garlic Hijiki with Mung Bean Sprouts**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

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

#### **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.