



Recipes

Sea Vegetables

Hijiki Salad

Prep Time: 10 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1 cup hijiki
- 3 cups carrots, grated
- 2 cups purple cabbage, grated
- 2 tablespoons ginger, grated
- 4 tablespoons umeboshi vinegar
- 3 tablespoons toasted sesame oil

Directions:

1. Soak hijiki in water for 30 minutes, then rinse.
2. Place carrots, cabbage and ginger in a large bowl.
3. Add hijiki, vinegar and sesame oil. Mix well.
4. Let sit for 15 minutes before serving so flavors blend.

Notes:

- Add a dash or two of your favorite spice: curry, cardamom or coriander.
- Garnish with scallions, parsley, sesame seeds or a wedge of lemon.