



Recipes

Sea Vegetables

Kung-Fu Hijiki Salad

Prep Time: 15 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

- 1 cup hijiki
- 5 cups water
- 1 yellow or red pepper, chopped
- 4 scallions, chopped
- 1 carrot, chopped
- 1/2 cup corn kernels, fresh off the cob
- 5 to 6 cherry tomatoes chopped in half (optional)
- 1 teaspoon sesame oil
- 2 teaspoons umeboshi vinegar
- 2 cloves shredded garlic
- 1 tablespoon fresh ginger juice

Directions:

1. Soak hijiki in water for 20 minutes.
2. Place chopped vegetables into a bowl.
3. In a small bowl whisk together oil, vinegar, garlic and ginger juice.
4. Rinse hijiki and add to vegetables.
5. Pour dressing over the salad, toss and serve.