



# Recipes

## Other Vegetables

### **Kinpira Burdock-Lotus-Carrots**

*Prep Time: 10 minutes*

*Cooking Time: 15 minutes*

*Yield: 8 servings*

#### **Ingredients:**

- 1 carrot
- 1 burdock root
- 1 small lotus root
- 1 teaspoon toasted sesame oil
- 1 tablespoon tamari
- 1 tablespoon brown rice vinegar
- 1 tablespoon sesame seeds

#### **Directions:**

1. Wash vegetables.
2. Slice carrot and burdock into matchsticks.
3. Peel the lotus root, slice off the ends and slice into ½-inch thick, half rounds.
4. Heat oil in sauté pan.
5. Sauté vegetables together over medium-high heat, about 3 minutes.
6. Add just enough water to half cover the veggies and cook on medium heat for 5-10 minutes, until most of the liquid has evaporated.
7. Add tamari and rice vinegar and cook another 2 minutes.
8. Remove from heat, plate and add sesame seeds before serving.

#### **Notes:**

Kinpira is a Japanese cooking style that means sautéing and then simmering.

- When purchasing burdock, look for one that is firm, not wiggly.
- If you can't find fresh lotus root, use organic dried lotus root, which can be found in the Asian foods section at your local health food store.