



Recipes

Other Vegetables

Satisfying Sesame Burdock

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 3 servings

Ingredients:

- 1 large burdock root
- 2 teaspoons toasted sesame oil
- 1 teaspoon Bragg liquid aminos
- 1 teaspoon tahini
- ½ teaspoon umeboshi vinegar

Directions:

1. Slice burdock into ½-inch rounds.
2. Heat the sesame oil in a sauté pan and add burdock.
3. Sauté for 5 minutes, stirring frequently.
4. Add a little water, cover and steam for 5 minutes.
5. Combine Braggs, tahini and vinegar in a medium sized bowl.
6. Add the burdock to the bowl and mix to coat with the sauce.

Note:

- Chop fresh spinach or dandelion greens and add during the last 2 minutes of cooking.