

Carrots with Hijiki (or Arame)

- 2 C. Dried Hijiki or Arame
- 3 locally grown carrots, julienned
- 2 T. dark sesame oil
- 2 T. slivered ginger
- organic soy sauce, or tamari, to taste
- salt
- toasted sesame seeds

Sea vegetables are among the most nutritious plants on earth, and hijiki and arame are two very likable ones, especially in this Japanese dish.. Serves 2 to 4, from *Vegetarian Cooking for Everyone*, by Deborah Madison.

Cover the hijiki with water and soak for 15 minutes. Drain, then put it in a saucepan with fresh water to cover and 2 tablespoons soy sauce. Bring to a boil, simmer for 15 minutes, then drain again. If using arame, soak for 3 minutes, then drain without parboiling.

Heat the oil in a wide skillet over high heat. Add the ginger and carrots and stir-fry until the carrots begins to color around the edges, about 2 minutes. Add the seaweed and cook 5 minutes more, tossing frequently. Add 1 tablespoon soy sauce and let it cool off. Taste and season with salt and/or soy sauce. Garnish with toasted sesame seeds.

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Shopping List

Carrots with Hijiki (or Arame)

Ingredients	Wieght or Volume	PLU #
Hiziki or Arame	2 C. dried	_____
soy sauce or tamari	to taste	_____
dark sesame oil	2 T.	_____
slivered ginger root	2 T.	_____
carrots	3	_____
salt		_____
toasted sesame seeds		_____

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carrots	3	_____
salt		_____
toasted sesame seeds		_____