

## Hijiki Summer Salad

This salad is a wonderful way to get mineral-rich hijiki into your diet.

Soak hijiki 10 minutes. Drain, reserving soaking water, and rinse hijiki in a colander. Slice into 1½ inch lengths. Slowly pour soaking water into a pot (discarding any sediment). Add hijiki and, if necessary, fresh water to almost cover. Bring to a boil, cover, reduce heat, and simmer 35 minutes. Add shoyu and cook until water has evaporated (approximately 10 minutes). Remove from heat and set aside.

Bring another pot of water to a boil, add pinch of salt and corn cobs. Simmer 15 minutes. Take corn from water, allow to cool, then remove kernels from cobs. In the same water, boil the peas 10 minutes, and then the bean sprouts 1 minute. Place on a plate to cool after cooking. In a serving bowl, mix hijiki, corn, peas, bean sprouts, and raw carrot. Blend dressing ingredients together until smooth, then add dressing to salad. Mix well before serving.

\*Recipe from Peter and Montse Bradford, authors of *Cooking With Sea Vegetables*.

### **Preparation List:**

#### **Serves 4-6**

- 1/2 cup dried hijiki
- Water to cover hijiki
- 1 tablespoon shoyu
- Pinch sea salt
- 3 ears fresh corn
- 1/2 cup shelled green peas
- 1/2 cup bean sprouts
- ½ cup grated carrots

#### **Dressing:**

- 4 tablespoons natural prepared mustard
- 2 tablespoons sesame butter or tahini
- 3 tablespoons brown rice vinegar
- 1/2 cup water