

Land and Sea Vegetable Salad

This combination of ingredients yields a highly nutritious salad with a tantalizing, somewhat exotic taste.

Soak wakame in water to cover for 10 minutes, or until just tender. Rinse carefully to remove any shells clinging to the leaves. Bring a small pot of water to a boil, and blanch wakame for a few seconds. Immediately plunge the fronds into cold water so they retain their color. Drain well, cut off and discard any tough ribs, chop fronds, and set aside in a medium-sized bowl. Add watercress and cucumber to wakame and toss together. (Peel cucumber if waxed.) Wash lettuce leaves and spin or pat dry. Arrange bed of lettuce leaves on individual salad plates or in wide, shallow bowls. Place a mound of salad mixture on top of each serving. Edge each mound with radish slices and top with a sprinkling of roasted seeds. Prepare dressing and serve on the side.

Preparation List:

Serves 4

- 6-inch section wakame
- Water for boiling wakame
- 1 bunch watercress (large stems removed), chopped
- 1 medium cucumber, quartered lengthwise, and sliced
- 1 head Boston (bibb) lettuce
- 2-3 radishes, trimmed and thinly sliced
- 2 tablespoons toasted sunflower or pumpkin seeds
- Lemon-Tahini Dressing (see recipe below)

Lemon-Tahini Dressing

This simple dressing goes well on Land and Sea Vegetable Salad and with salads that feature flavor-intense vegetables such as watercress or dandelion.

In a small bowl, thoroughly combine first 3 ingredients. Mix in water (tablespoon at a time) until desired consistency is achieved.

Preparation List:

Makes about 1/3 cup

- 2 tablespoons tahini

- 1 tablespoon lemon juice
- 1 tablespoon white miso
- Water