

Vinegared Land and Sea Vegetables

Cooling and colorful, this makes an appealing summer side dish.

Bring a pot of water to boil and add sea salt. Boil carrots 2-3 minutes. Remove from pot, drain, and cool. Boil cauliflower 3-4 minutes. Remove from pot, drain, and cool. Boil peas 1-2 minutes. Remove, drain, and cool. Boil bean sprouts 20-30 seconds. Remove, drain, and cool. Boil wakame 10 seconds. Drain and immediately plunge into cold water to set color. Drain well and combine with other vegetables in serving bowl. Mix dressing ingredients together, pour over vegetables, toss, and serve.

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

Preparation List:

Serves 3-4

- Water for boiling vegetables
- Pinch sea salt
- ½ cup thinly sliced carrot rounds
- ½ cup cauliflower florets
- ½ cup snow peas or sugar snap peas
- ½ cup bean sprouts
- ½ cup soaked, chopped wakame

Dressing:

- 4 tablespoons brown rice vinegar
- 1 tablespoon shoyu
- 1 tablespoon water