



Spinach Hiziki Sauté

Ingredients:

serves 2-4

2 lbs. Organic Spinach, washed and chopped once
6 big garlic cloves, chopped medium
2 full Tablespoons fresh ginger, chopped small
3 scallions, white and green parts, sliced on diagonal
3 Tablespoons dried Hiziki
2 Tablespoons Olive Oil, 2 Tablespoons Sesame Oil
1 Tablespoon Organic Tamari (wheat free- high quality Soy sauce)
1 Tablespoon water
Optional: Red pepper sliced thin, for color and crunch at end

Procedure:

Wash Spinach, in a deep bowl, a few times in Veggie wash until no sand or dirt appears
Soak Hiziki for 10 mins., in cold water, then drain well
Chop ginger and garlic, scallions
In a large sauté or frying pan, heat oil, stir fry garlic first (careful not to brown) then garlic and scallions, stir in Hiziki, tamari, cook 5 mins.
Wilt Spinach, toss for 2 mins.
Serve warm

Cooks Notes:

Hiziki is the most highly prized, mild flavor seaweed. In Japanese the meaning for this sea vegetable is: Bearer of Good Fortune and Wealth
It is extremely high in minerals, more than land vegetables. It makes a great salad when uncooked.

Not all the sea vegetables are the same, look for the EDEN brand, it is hand harvested.

For first time users, try using a pinch of Brown Rice Syrup (organic) for a more mild taste

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