

Easy Wakame Salad

Featuring Wakame

You can make an easy, delicious, nutritious wakame salad at home, just like you might find in a sushi restaurant. Wakame is a type of kelp packed with iodine, manganese, magnesium, and calcium. Julienned carrots, cucumbers, and edamame not only add texture and color to this salad, but a boost of nutrition.

Ingredients:

Wakame Salad:

- 2 cups dried wakame
- 4 cups hot water
- 1 cup julienned carrot
- 1 cup julienned cucumber
- 1 cup shelled edamame, frozen and thawed

Wakame Dressing:

- 1/4 cup rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons sesame oil
- 2 tablespoons low sodium soy sauce
- 2 tablespoons white sesame seeds

Instructions:

- 1 To make wakame salad: In a large bowl, soak dried wakame in hot water for 10 minutes until rehydrated. Once fully rehydrated, drain, rinse, and pat wakame dry with a paper towel or clean dish cloth. Chop wakame into small pieces. In a medium bowl, add wakame, carrots, cucumber, and edamame, and set aside.
- 2 To make wakame dressing: In a small bowl, whisk together vinegar, sugar, sesame oil, soy sauce, and sesame seeds.
- 3 Pour dressing over wakame salad and toss together. Cover and refrigerate for 1 hour before serving.

Makes 4 servings

Prep Time: 20 min.

Cooking Time: 0 min.

Total Time: 20 min.

Recipe Author

Michelle Jaelin, RD

is a Canadian media registered dietitian and nutrition communications expert who specializes in producing content on healthy Asian food and recipes and decolonizing wellness on their blog and social media @michellejaelin.

Notes:

- 1 Serve with brown rice and your choice of protein, such as tofu or salmon poke, for a meal.

Nutritional information (per serving):

112 calories, 5 g fat, 1 g saturated fat, 633 mg sodium, 16 g carbohydrates, 0 mg cholesterol, 9 g total sugar, 12 g fiber, 3 g protein



Watch the recipe video here:
bit.ly/3YdfJyq