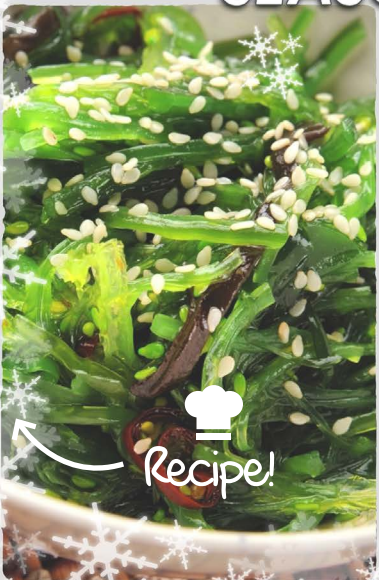




SEASON'S GREETINGS FROM THE FLOATING CITY!



Our best wishes
for a happy and
healthy 2016!

Karina Rutger

Bart Barbara

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Seaweed salad

Marc Matsumoto, PBS.org

This seaweed salad recipe is a healthy Japanese dish. It's sustainable and loaded with nutrients like fiber, vitamins and minerals like iron.

Ingredients

30 g (1 oz) dry mixed seaweed
1 tbsp + 1 tsp rice vinegar
1 tbsp toasted sesame oil
1 tbsp soy sauce
1 tbsp sugar (or 1/2 tbsp agave)
1/2 tsp salt (to taste)
1/2 tsp ginger juice
1 tbsp toasted sesame seeds
1 scallion, finely chopped

Directions

Put the dry seaweed in a large bowl and fill it with cold water. If you like your seaweed crunchy, soak it for 5 minutes, if you like it more tender, soak it for 10 minutes.

To make the dressing, combine the rice vinegar, sesame oil, soy sauce, sugar, salt and ginger juice in a small bowl and whisk together.

Drain the seaweed and use your hands to squeeze out excess water. Wipe out any excess water in the bowl, and then return the seaweed along with the dressing and sesame seeds. Toss thoroughly to combine. Plate the salad and garnish with scallions.