



EDAMAME AND HIJIKI SALAD WITH ASIAN VINAIGRETTE, BROWN RICE, AND CARROTS

Serves 4
Vegan, Gluten-Free

INGREDIENTS

¼ cup dried hijiki seaweed (about 1 cup hydrated)
2 tablespoons sesame oil
¼ cup rice vinegar
1 teaspoon fresh grated ginger
1 teaspoon honey
3 tablespoons olive oil
2 cups cooked brown rice
1 cup frozen shelled Edazen™ Edamame, cooked according to directions on the box
3 minced scallions
2 carrots, grated

INSTRUCTIONS

1. Place hijiki in a medium bowl and cover generously with water. Soak for 4 hours, changing water once after 2 hours. Drain and squeeze dry in a clean dish towel to remove as much water as possible.
2. Heat sesame oil in a large skillet over medium-high heat until shimmering. Add hijiki and sauté for 3 to 5 minutes.
3. Combine vinegar, ginger, honey and oil in a large bowl. Add hijiki, rice, edamame, scallions, and carrots and toss until thoroughly combined. Serve.