



Water Sautéed Greens with Kelp Noodles

This is a very simple dish to satisfy you. The kelp noodles are a raw mineral rich food with lots of nutrition and have the look and feel of Asian Rice noodles. I love them.

2 servings

½ package kelp noodles

1 cup portobello mushrooms sliced

2 cloves garlic minced

1 cup broth (vegetable or chicken)

6 cups hearty greens, kale, collards or swiss chard, thick stems removed, coarsely chopped

¼ tsp Celtic sea salt

4 Tb tahini

2 Tb ume plum vinegar or rice wine vinegar

- Soak the kelp noodles for 10 minutes, rinse.
- Heat a large sauté pan. Add the, stock, kelp noodles, mushrooms, garlic, and broth. Bring to a boil. Turn down and to low, simmer covered for 5 minutes.
- Add greens and salt. Mix to wilt, cover and simmer 5 minutes until the noodles are soft, not crunchy.
- Add the tahini and vinegar, mix to blend well.
- Add pepper to taste. Taste for salt and vinegar adjust if necessary.
- Serve.