

Cucumber Wakame Salad

This is a great way to eat seaweed. Wakame is mild tasting. You can read about the benefits of seaweed below.

2 servings

4 strips dry wakame seaweed (3/4 cup reconstituted)

2 large seedless cucumber thinly sliced

2 scallions thinly sliced

¼ cup very thinly sliced red pepper

3-4 Tb lemon juice

1 tsp raw honey or a few drops of stevia

2 Tb toasted sesame oil

Celtic sea salt

- Cover wakame with water and soak for 10-15 minutes
- Drain, rinse under cold water and pat dry.
- Remove the tough rib from the wakame and cut into ½" strips. You should have about ¾ cup.
- Thinly slice the cucumber. Put them in a colander over the sink, Sprinkle with sea salt, toss and let sit 10 minutes. Rinse them and squeeze dry.
- Put wakame into a medium size bowl with the cucumber, scallions and pepper.
- In a separate small bowl combine the lemon juice, stevia and sesame oil
- Wisk together and pour over the wakame-cucumber mixture. Taste to adjust salt.
- Toss and serve on a bed of lettuce or arugula

Benefits of seaweed:

- High mineral content, especially: iodine, calcium, iron, magnesium.
- More vitamin C than oranges.
- Anti-viral, anti-bacterial, anti-inflammatory properties
- Large proportion of natural, organic iodine aiding in maintaining a healthy thyroid function. (Limited amounts of seaweed for people with autoimmune thyroid conditions)
- One of the richest plant sources of calcium.
- Contains polysaccharides: important in the prevention of degenerative diseases including cardiovascular and diabetes 2, increase the amount of feel-good chemicals in the brain, improves liver function, stabilizes blood sugar.