

Kale with Carrots & Arame

I am a big fan of seaweed but many people don't like the taste, I understand that. Here is a recipe with seaweed that is easy to make and you can't even taste the seaweed. Seaweed has lots of minerals which supply your body with energy. Seaweed is full of iodine to support your endocrine system especially your thyroid. Seaweed has calcium in a form easily absorbed by your body to support your bones. I try and eat seaweed every day.

2-4 servings

¼ cup arame seaweed

3 Tb extra virgin olive oil

2-3 carrots cut into half moons on the diagonal

3 cloves garlic chopped

¼ tsp celtic sea salt

Pinch red pepper flakes (optional)

1 head kale, stems removed thinly sliced

- Soak arame seaweed in water for 15 minutes until softened. Drain in a colander and pat dry.
- In a large sauté pan, heat oil on medium. Add the carrots, sauté 2 minutes until they begin to soften.
- Add garlic and arame, mix to combine. Sprinkle with salt and red pepper flakes if using.
- Add kale. You may have to add it in batches so it doesn't overflow from the pan.
- Using tongs mix kale with carrots. Sauté 5-8 minutes stirring frequently until kale is cooked but not mushy.
- Sprinkle with an additional Tb of oil for flavor. Taste add more salt if necessary. Serve and enjoy