

Alaria (wakame)-Green Bean Salad

Yield: 4 servings

Two 4-5 inch strips alaria-wakame

2 cups water

4 cups fresh green beans

2-3 cups mung bean sprouts

2 carrots, grated

2-4 cloves garlic, minced

Dressing

2-3 tablespoons rice syrup

2 tablespoons soy sauce

½ teaspoon sesame oil

½ cup reserved broth (from cooking alaria)

Simmer the alaria in the water for 30 minutes, or pressure cook for 15 minutes. Reserve the broth for making the dressing. Cut the alaria into small pieces, omitting the hard center midrib. Put it in the frying pan with the green beans, mung bean sprouts, carrots and garlic.

In a small pan, combine the dressing ingredients. Heat briefly, then pour over the vegetables. Cover and steam for 5-6 minutes. Serve hot over rice or chill and serve as a salad.