

Wakame Cucumber Salad

4-6 servings

2 strips wakame, each piece at least 6 inches long

2 cups water (for soaking)

1 Tbsp. Light Miso

2 Tbsp. Sesame oil

½ lemon, juiced

2 medium cucumbers cut into thin quarter rounds

1. Soak wakame in water for 10 minutes and drain. (If you want a bright green colored wakame, par boil it for 10 seconds in boiling water and remove). Separate leaves from the stems and chop leaves in ½ inch squares. You can reserve the stem and soaking water for broth or put water into your house plants and stem into compost.
2. Cream miso and sesame oil together, thin with the lemon juice. Mix with wakame leaves, then cucumbers.
3. Let sit for about 1-2 hours or put into refrigerator for longer storage.
4. Upon serving, sprinkle with sea veggie mix.