

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Eriko's Hijiki Rice

Makes 2½ cups, or 5 servings

- ⅔ cup brown rice, soaked overnight and rinsed
- ⅓ cup (½ ounce) dried hijiki seaweed
- ½ cup thinly chopped carrots (1 medium carrot, or 2 ounces)
- ½ cup sliced fresh shitake or button mushrooms (2 medium, or 1 ounce)
- ½ cup edamame, shelled, and thawed if frozen (2 ounces)
- 1½ cups Dashi (see separate recipe)
- 2 tablespoons low sodium soy sauce
- 2 tablespoons mirin (sweet cooking wine)
- 2 tablespoons sake (Japanese rice wine)

Directions

Cover hijiki with 1 cup water and soak for 30 minutes. Drain and rinse.

Rice cooker method: Combine all of the ingredients in a rice cooker. Cook according to instructions on rice cooker.

Stove top method: Combine all of the ingredients in a heavy pot. Bring to a boil, cover and simmer about 40 minutes, until rice is tender.

Easy Homemade Dashi

- 4 cups cold water
- 1 big handful of dried bonito flakes
- 1 4" x 5" strip of kombu

Directions

Combine ingredients in a glass pitcher or stainless steel pot. Let sit for 4 hours or overnight. Strain to use. Save kombu and slice it into soup or rice.

For Vegetarian Dashi, omit the dried bonito flakes and add 3-4 dried shitake mushrooms, optional.



For more healthy recipes, please visit Your Healthy Kitchen via www.yrmhealthconnect.org

NUTRITION INFORMATION PER ½ CUP SERVING:

Calories	158
Protein	5 g
Carbohydrate	38 g
Fiber	9 g
Fat	1 g
Sodium	467 mg
Potassium	3.6 g

Also a good source of magnesium and iodine

Cost per serving: \$2.30