

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Eriko's Hijiki Salad

Makes 1 cup, or 4 servings

- 1/3 cup (1/2 ounce) dried hijiki seaweed
- 1/2 cup thinly chopped carrots (1 medium carrot, or 2 ounces)
- 1/2 cup sliced fresh shitake or button mushrooms (2 medium, or 1 ounce)
- 1/2 cup edamame, shelled, and thawed if frozen (2 ounces)
- 1/4 cup Dashi (see separate recipe)
- 2 tablespoons low sodium soy sauce
- 2 tablespoons mirin (sweet cooking wine)
- 2 tablespoons sake (Japanese rice wine)
- 1 tablespoon avocado oil or other neutral tasting oil

### Directions

Cover hijiki with 1 cup water and soak for 30 minutes. Drain and rinse. Heat sauté pan on medium high heat and add oil and vegetables. Sauté until carrots are tender/crisp, about 3 minutes. Add hijiki, dashi, soy sauce, mirin and sake. Simmer 7-10 minutes, until most of the liquid is absorbed and reduced. Turn off heat and let cool. Serve cold or at room temperature alongside fish, chicken, meat and/or rice.

## 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](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION PER 1/2 CUP SERVING:

Calories	74
Protein	2 g
Carbohydrate	13 g
Fiber	8 g
Fat	3 g
Sodium	467 mg
Potassium	3.5 g

Also a good source of  
magnesium and iodine

Cost per serving: \$2.00