

# SEA VEGETABLES

---

Sea vegetables are an excellent source of phytochemicals and minerals (including calcium, phosphorous, magnesium, sodium, iron, and iodine). Moreover, they have wonderfully salty, and tastes, often rich in umami. If you didn't grow up eating sea vegetables, they may take some getting used to, but given their health benefits and low cost, they are well worth a try!

## SEAWEED & KELP

- **Hijiki (鹿尾菜):** Dark edible seaweed usually sold in dried black strips and often referred to as the “beauty vegetable” in Japan as it is believed to help create long, lustrous hair and beautiful skin. Add to vegetable or fish dishes.
- **Kombu (昆布):** A species of kelp often added to soups. Sold dried as *dashi-konbu* (出し昆布) or pickled in vinegar as *su-konbu* (酢昆布).
- **Nori (海苔):** Flat sheets of seaweed you can eat alone as snacks or used as a wrap for other ingredients (e.g. salmon, avocado, cucumber, etc.).
- **Wakame (若布):** A seaweed with a subtly sweet flavor that is great in soups or on salads. Note: Requires soaking first.

## SOUP & SALAD ADDITIONS

- **Arame (荒布):** A delicious addition to fresh salads. Does not require cooking.
- **Dulse:** Another great salad topper that provides a salty kick to salads or salad dressings.

## THICKENING AGENTS

- **Agar Agar:** A mineral-rich thickening agent you can use for soups or other liquids.
- **Irish Moss:** Another mineral-rich thickening agent you can use like agar agar.

Most of the above items can be found at grocery stores, Asian markets, or on Amazon.