

Wakame Salad



Preparation 15 min
Cooking 0 min
Waiting 60 min
Servings 6
Nutrition Facts (per serving)
Calories 95
Fat 4
Carbohydrates 11
Fibre 6
Protein 7
Sodium 550

Ingredients

Salad:

750 ml (3 cups) dried wakame seaweed (approximately 50 g)
1 L (4 cups) hot water
375 ml (1 ½ cups) shelled, frozen edamame, thawed
250 ml (1 cup) carrots, thinly sliced lengthwise
1 small yellow bell pepper, thinly sliced

Dressing:

60 ml (¼ cup) rice vinegar

30 ml (2 tablespoons) low-sodium soy sauce
7.5 ml (½ tablespoon) white sugar
5 ml (1 teaspoon) sesame oil
Pepper, to taste

Preparation

1. Place wakame in a large bowl and cover with hot water. Soak for 10 minutes.
2. In a small bowl, combine all the dressing ingredients. Set aside.
3. Drain, rinse, and dry the wakame. Chop roughly and transfer to a mixing bowl.
4. Add edamame, carrots, and bell pepper to the wakame. Pour over the dressing and mix well.
5. Cover and refrigerate for at least 1 hour before serving.

Notes

A vegetable peeler can be used for quickly making very thin slices of the carrots and bell pepper.
Keeps for 5 days in the refrigerator, in an airtight container. Not suitable for freezing.



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