



Arame with Dried Daikon
6 Servings

Medicinal Benefits of this recipe...

Great to help support the immune system, excellent protein source for those with aversions to animal proteins, Excellent source of calcium!

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Alph-carotene, lutein, Allyl sulfides, Quercitin, Glucosinolates, Sulfur compounds

- ¾ cup arame rinsed, drained, and sliced
- ½ cup onions, sliced in half-moons
- ½ cup carrots, sliced in matchsticks
- 1 cup dried daikon, rinsed, soaked (save soaking water if not too dark for cooking)
- 2-4 TBSP Sesame Oil (Can also use olive oil)
- 2-4 TBSP Shoyu
- ½ teaspoon ginger juice
- 1 TBSP sliced scallions

Directions

1. Lightly oil a skillet and sauté tempeh until crispy. Remove from heat and set aside.
2. Place a heavy skillet over a medium flame and brush with the oil. Add the onions and sauté 1-2 minutes.
3. Place the daikon on top of the onions, layer the dried daikon and then the arame and the carrots. Add enough water (you can use the water from that the dried daikon was soaking in) to almost cover the carrots and bring to a boil.
4. Add a small amount of shoyu and cook for another 5-10 minutes. Add the ginger juice, scallions tempeh. Cook for another few minutes and then mix and serve.

* This recipe was adapted from The Kushi Institute

Basic Nutrition Profile for One Serving (1 serving):

Kcal	134 kcal
Protein	8 grams
Carbohydrate	19 grams
Fat	3 grams
Saturated Fat	0 grams
Monounsaturated Fat	0 grams
Polyunsaturated Fat	0 grams

Fiber 3 grams

This recipe is a great source of.....

Potassium 941 mg

Vitamin A 2864 IU

Calcium 182 mg

Folate 65 mcg

Also has a full-range of B-vitamins