



## Phyllo Packages with Arame and Carrots

### Medicinal Benefits of this recipe...

Great to help support the immune system, the packages are packed with good nutrients for toddlers or older children who like to “graze” throughout the day, easy to transport for on the road, depending on the concentration of ginger these may be soothing for nausea

### Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Allyl sulfides, Quercetin, Glucosinolates, Sulfur compounds

### Ingredients

2, 6-oz packages Arame, soaked for 10 minutes to rehydrate and then drained	3 carrots, cut into small, thin “matchsticks”
3 tablespoons sesame oil	1 large or 2 medium onions
Approximately 4 cups water	1 tablespoon ginger juice*
5 tablespoons shoyu	1 box phyllo dough
½ cup brown rice syrup	olive oil for brushing phyllo
2 to 3 tablespoons mirin	
sea salt	

Optional: black and white sesame seeds for sprinkling on top

### Procedure

1. Preheat oven to 375 degree.
2. In a large skillet with sides, sauté arame in 2 tablespoons sesame oil for 3 to 4 minutes. Add water— arame should be  $\frac{3}{4}$  covered. Boil until the liquid is all evaporated. Stir in shoyu, mirin, and brown rice syrup and reduce again until arame is dry. Turn off heat, stir in ginger juice and set aside.
3. Separately, sauté carrots and onions, with a pinch of salt, in remaining sesame oil on medium heat until they are very soft, about 10-12 minutes.
4. On a large, clean surface, stack 5 to 6 sheets of phyllo, coating each sheet lightly with olive oil (do this by with a brush or by carefully sprinkling it on with your fingers or a spoon).
5. Spread  $\frac{1}{3}$  of the each filling evenly in the center of phyllo, leaving a  $\frac{1}{2}$ -inch margin at the ends of the phyllo.
6. Roll the phyllo as tightly as you can into a log. You can make three logs with the filling.
7. Place logs on sheet pan, brush the top with olive oil and, if desired, sprinkle sesame seeds on top. With a sharp knife, cut the log into 1-inch pieces.
8. Bake for about 20 minutes or until it’s golden brown.

\*Make ginger juice easily by grating a large piece of ginger root (skin on) with a ginger grater and squeezing the pulp with your fingers to extract the juice.