



HIZIKI WITH SWEET POTATOES & BLACK SOYBEANS

Wild, hand harvested hiziki, steamed and sun dried, just the prized tender black curls of the tips for rich taste and delicate texture. Excellent as a side, with grain dishes, in stir-fries and salads. Beneficial sea vegetable nourishment that is fat free and very low sodium.

INGREDIENTS

- 2 Tbsp EDEN Hiziki, rinsed
- 1/2 cup water
- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 1/2 cups leeks, an option is thinly sliced or coarsely chopped onion
- 2 cloves garlic, thinly sliced
- 1 Tbsp EDEN Mirin
- 15 oz. EDEN Black Soybeans, 1 can drained, reserve liquid
- 1 1/2 Tbsp EDEN Shoyu Soy Sauce
- 1 Tbsp fresh ginger root, minced
- 2 cups organic sweet potatoes, peeled and cubed

DIRECTIONS

Put the hiziki in a large bowl or pot and pour on boiling water to cover it. Cover and let it sit for 15 minutes. Drain and rinse hiziki. Set aside.

Heat oil in a large skillet and sauté the garlic for several seconds, stirring frequently. Stir in the mirin and cook over high heat until the mirin evaporates, about 30 seconds. Add the reserved liquid from the can of beans, hiziki, shoyu, ginger, and sweet potatoes. Bring to a boil. Cover and cook on medium heat until sweet potatoes are soft, about 15 minutes. Add a bit more water as it cooks, if the mixture becomes dry.

Just before serving, stir in the beans and leeks. Cover and cook until the beans are hot and the leeks are tender. Delicious over EDEN Soba or Udon Noodles.

Sea vegetables, mirin, & shoyu make a superb dish.

RECIPE NUTRITIONAL INFORMATION

- 248 calories per serving
- 7 g fat (27% calories from fat)
- 11 g protein
- 35 g carbohydrate
- 8 g fiber
- 0 mg cholesterol
- 462 mg sodium



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