

## Macrobiotic Recipe of the Month - October 2009

This recipe is a variation on the Arame Carrot Seaweed dish that I learned to make at the Kushi Institute. I'm going to a macrobiotic potluck in Yarmouth, Maine, tonight, and I'm bringing it along to share.

I try to make a seaweed dish once a week or every other week. Arame is a mineral-rich brown algae. Many people who try arame seaweed for the first time are surprised by its mild, sweet flavor.

I've mentioned this before, but it's worth reading again:

“According to George Mateljan's, *The World's Healthiest Foods*, "Sea vegetables are an excellent source of iodine and vitamin K, a very good source of the B-vitamin folate, and magnesium, and a good source of iron and calcium, and the B-vitamins riboflavin and pantothenic acid. In addition, sea vegetables contain good amounts of lignans, plant compounds with cancer-protective properties.”

### EMERALD ARAME SAUTE

1 package (1.76-ounce package) arame (organic edible ocean plant)

1 teaspoon sesame oil

*Optional:* 2 teaspoons mirin (a Japanese rice wine, I use Eden brand)

2 teaspoon soy sauce (I use Mitoku or Eden brands)

20 fresh green beans, washed, sliced into ¼-inch pieces

1 cup fresh cilantro, washed, stems mostly removed, chopped

1/2 cup, or more, of the soaking water



Cover the whole package of dried arame in spring or filtered tap water (about 16 ounces) and soak to reconstitute it for 5-10 minutes (longer if desired), then drain, but save soaking water.

Heat the sesame oil on medium-high flame in a cast-iron skillet. Add arame and stir occasionally for 5 minutes. Turn flame lower as the pan heats up. It is said that stir-frying in the oil helps the minerals to be more easily absorbed by the body which is also good for the bones. (This step also can be done without oil, if desired.)

Add 1/2 cup soaking water and bring to a boil on high flame. Turn to low; simmer for 5 more minutes. Add green beans, mirin and soy sauce and steam for 5 more minutes, covered. Immediately place in a serving dish, cool for 5-10 minutes and garnish with cilantro.

Servings: About 20. Portion size: About 1/8 to 1/4 cup. *Note:* This recipe may be refrigerated, then eaten over a three-day period.

**Enjoy! ~Meg**

For more recipes and information on macrobiotics please visit Meg's Website:  
[www.megwolff.com](http://www.megwolff.com), and her blog at: [www.becoming-whole.com](http://www.becoming-whole.com).