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Seaweed Salad Recipe

Seaweed is a type of algae, which is a general term for aquatic plants that turn the Sun's energy into their food—also known as photosynthesis). Land plants use it, too, but unlike trees, bushes, and other flowering plants, algae do not have true roots, stems, and leaves. Importantly, algae change carbon dioxide into oxygen and are the foundation for many habitats in the ocean. These Pacific coast habitats are the most extensive in the world, supporting millions of organisms representing some 1,000 species. Explore seaweed by making and enjoying this healthy and delicious salad. Wakame is a seaweed available in a variety of grocery stores.

Ingredients (serves 2-4)

Dried wakame seaweed: ¾ ounce (20 grams)
Sesame seeds: 1 tbsp
Rice vinegar: 3 tbsp
Soy sauce: 1-2 tbsp
Sugar: ½-1 tbsp
Goldfish Crackers (optional)

Directions

1. **Soak** the dried seaweed in cold water for 20 minutes or until soft. The seaweed will expand as it absorbs the water.

2. **Mix** soy sauce, rice vinegar, and sugar together well. **Taste** and adjust soy sauce and sugar. This is your dressing.

3. **Rinse** and drain the wakame.

4. **Pour** the dressing over the seaweed and mix.

5. **Sprinkle** sesame seeds over the salad, chill, and serve.

6. **Optional**: Add goldfish crackers for extra crunch

7. Enjoy!