

Reasons to Love Seaweed

Seaweed has been known to be nourishing for those who have certain deficiencies.

Check out some of the key nutritional benefits of seaweed below that aim to boost your immune system.

Bio-available Nutrients: Iodine, Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, B-Complex, Protein, Amino Acids, Fatty Acids, Chlorophyll, Antioxidants, Myostatin, Antibodies, Fucoidan, Alginate, Laminarin, Glyconutrients, Lignans, Sulfate, Galactans, Phloroglucinols



The types of Seaweed you can eat are:

Green: Sea Lettuce, Spongweed, Ulva

Brown: Kelp, Wrack, Bladderwrack, Wake, Combo, Fucus

Red: Dulse, Nnori, Laver, Irish Moss, Carrageen Moss

At the co-op, there are many products available in our snack and international food aisles that have seaweed as a key ingredient. Aside from grounding up sheets of seaweed used for sushi making, there is a popular seasoning called Nori Fume Furikake. It only has organic seaweed, organic sesame, salt and sugar and is great to mix in with some California Jasmine Rice that is found in our bulk section.



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Recipe Suggestion

Asian Cabbage Salad with Pan-Seared Tofu Steaks

Adopted from: www.strongertogether.coop

This vegan-friendly recipe has big flavors and a lot of crunch, as well as some ingredients you may not have tried before (arame seaweed, anyone?). Talk to your co-op staff about where to find unusual ingredients.

Ingredients

Salad

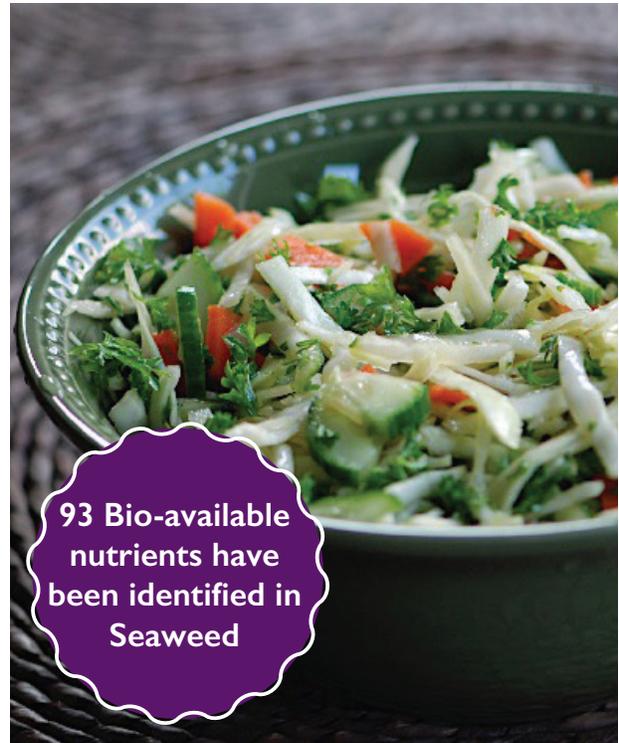
- ½ pound green cabbage, shredded
- ½ pound bok choy, sliced thinly
- ½ cup shredded carrots (1 large carrot)
- 2 teaspoons arame seaweed, rehydrated and drained
- ½ cup toasted almonds, slivered or sliced

Dressing

- 1 ½ tablespoons minced ginger
- 3 tablespoons sugar
- 2/3 cup rice vinegar
- 1 teaspoon salt
- Pinch xanthan or guar gum (optional)
- Seared Tofu
- 2 (8-ounce) packages tofu steaks, pre-marinated (Asian-flavored)
- 2 tablespoons tamari soy sauce
- 1 tablespoon vegetable oil

Preparation

1. In a large mixing bowl, mix together the salad ingredients. Set aside.
2. In a separate bowl, mix together dressing ingredients. Pour dressing over the cabbage mix.
3. Toss until well coated. Set aside.
4. In a wide-bottom non-stick skillet, heat 1 tablespoon of vegetable oil over medium low heat. Lay the tofu steaks into the oil and sear well, then flip. Splash with tamari sauce, shake the pan and sear the tofu until it begins to turn dark/caramelize.
5. Flip tofu and finish, being careful not to burn the pan dry.
6. Serve one 3-ounce portion of seared tofu per person with the cabbage salad.



93 Bio-available
nutrients have
been identified in
Seaweed

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