

# Nutrition Bites



## What are Sea Vegetables & Why Should I Eat Them?

Western cultures are just beginning to recognize the nutritional value of sea vegetables, however their value has long been known in the East. Rich in minerals that are readily available to our bodies, sea vegetables are also a good source of chlorophyll, proteins, iodine, lignans and phytonutrients with good cancer-protective properties.

Sea vegetables are easy to prepare. Dried, they can be added to soups and broths or used to make tea. You can also rehydrate them by soaking in warm water until tender, draining and adding to salads, stir-fries or other dishes. The two sea vegetables that Ceres uses most are arame and kombu.

## Sea Vegetable Properties

- Sea vegetables may play a role in lowering the risk of estrogen-related cancers, including breast cancer. Since cholesterol is required as a building block for the production of estrogen, the cholesterol-lowering effects of sea vegetables may play a risk-reducing role in this regard.
- Rich in many different antioxidant compounds
- Unique food source of the mineral iodine (needed for thyroid and hormonal health), and the mineral vanadium, (used for blood sugar regulation, and to prevent anemia)
- Good source of iron and vitamin C.



Source: World's Healthiest Foods | Photo: Warrick Dowsett

## This Week's Recipe

### Miso Ginger Soup with Soba Noodles

Makes 4 servings | Prep time: 30 m | Cook time: 30 m | Total time: 1 hr

- 2 oz soba noodles (or rice spaghetti)
- 4 cups Immune Broth\* (or vegetable broth)
- 2 1-inch pieces kombu seaweed
- 1 tsp extra virgin olive oil
- 1 tsp sesame oil
- 3 oz mushrooms, sliced
- 1/2 onion, peeled and thinly sliced
- 1 1/2 carrots, peeled, cut in half lengthwise and then sliced thinly on the diagonal
- 1 Tbs minced fresh ginger
- 1 Tbs mirin or rice wine vinegar
- 2 Tbs chickpea miso (or your choice of miso)
- 1/2 bunch mustard greens, or kale thinly sliced
- 1/2 bunch scallions, trimmed and sliced thinly on the diagonal
- 1 Tbs lemon juice

- 1** Cook the rice noodles according to package instructions.
- 2** In medium stock pot slightly heat the olive and sesame oil. Add the onions and sauté until tender, about 10 minutes. Add the carrots, mushrooms and ginger and cook for about five more minutes. Add the mirin and cook for a minute or two.
- 3** Add the broth and kombu and bring everything to a boil. Reduce the heat to a simmer and cook just until the carrots are tender. Remove from the heat.
- 4** In a small bowl, whisk the miso with enough of the warm broth to make a smooth mixture. Add the miso to the soup and stir to combine well, then add the greens, scallions and the lemon juice to taste.
- 5** Put the noodles in a bowl and add the broth and vegetables.
- 6** If you reheat this soup, do so very gently. If the soup comes to a simmer, the beneficial enzymes in the miso will be destroyed. Alternately, omit the miso when making the larger batch, and add miso to taste when you are ready to eat portions the soup.

\*Immune Broth can be added to your weekly delivery. Please talk to your client liaison for more information.