

Carrots with Arame

Adapted from www.care2.com

Ingredients:

½ cup arame
Optional: broth
2 – 3 Tbsp. tamari or coconut aminos
½ Tbsp. fresh ginger, chopped or grated
¼ tsp or pinch of sea salt
3 – 5 carrots cut into slices or cut into match stick lengths
1-2 Tbsp. butter or ghee or olive oil

Instructions:

1. In a pot, add arame and cover with water or broth.
2. Soak arame for 10 minutes.
3. Add tamari and ginger.
4. Bring to a boil.
5. Lower heat and cook (uncovered) until most of the liquid has evaporated.
6. Add the carrots.
7. Cover. Cook until carrots are slightly tender.
8. Remove lid and cook until all the water has evaporated.
9. Toss with butter, ghee or olive oil.

Benefits

Cooked carrots vs raw carrots provide more absorbable beta carotene which is converted to Vitamin A- so important for eye, heart, skin health and immune system strength.

Arame is a sea veggie high in minerals such as calcium and iodine.