

Spring Onion Salad with Mustard

Ingredients (serves 2)

Spring onion.....120 g
Snap peas.....30 g
Dried cut wakame seaweed.....2 g
☆Grain vinegar.....15 g
☆Sugar.....3 g
☆Olive oil.....8 g
☆Koikuchi(dark) soy sauce...1.5 g
☆Oriental mustard paste.....1.5 g



Nutrient Analysis per Serving

Calories.....77 Cal
Protein.....1.3 g
Potassium.....126 mg
Phosphorus.....33 mg
Sodium.....157 mg
(Sodium chloride equivalent.....0.4 g)

Directions

1. Boil the snap peas in a colander. When it cools down, cut it diagonally into 4 pieces.
*Do not add salt when boiling.
2. Cut onions into thin slices and place in a heatproof container. Cover with plastic wrap and microwave at 600W for 2 minutes. Remove from water, let cool, and squeeze out the water.
3. Rehydrate dried wakame seaweed in water and squeeze it out.
4. Mix the ingredients with a [☆]. And add the vegetables of step 1-3 just before serving.

Points

- This recipe is a spring salad using spring onion and snap peas.
- By adding mustard, it can be eaten with reduced salt.
- You can use string beans instead of snap peas.

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