



FITTER FORT COLLINS YOUR HEALTH MATTERS



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Recipes with Sea Vegetables

All Recipes are Vegan / Gluten Free

Kale / Cherry Smoothie

1 green apple

1 red apple

1 tsp. ginger

4 cups kale

1 cup frozen cherries

1 serving green powder (spirulina, wheatgrass, kelp or Amazing Grass Green Superfood powder)

1+ cups water or aloe vera juice

Blend all ingredients to desired consistency.

Add ice if preferred.

Basic Kimchi

1 head Napa cabbage, chopped

3 carrots, shredded

1 large daikon radish, shredded

1 large onion, chopped

1/4 cup dulse seaweed flakes (or any other shredded sea vegetable)

1 tbsp. chile pepper flakes

1 tbsp. minced fresh ginger

1 tbsp. sesame seeds

1 tbsp. coconut sugar

2 tsp. unrefined sea salt

Mix all ingredients together and let sit for at least 30 minutes. Press down firmly, so that liquid comes to top of mixture. Leave 1" space at top of jar. Cover tightly with lid, or an airlock, or top with a water filled ziploc bag to seal off oxygen. Leave at room temperature for 3 to 7 days. In the first 24 hours, open the jar and press firmly on the ingredients a few times to make sure liquid is fully covering the mixture. Taste for the degree of sourness you want, then refrigerate. Serving size is 4 tsp.

Kelp Noodle Slaw with Peanut Butter Dressing

Serves 6

- 1 pkg. kelp noodles**
- 1 bag prepared slaw**
- 2 cups chopped kale**
- 1/2 medium red pepper, chopped**
- 1 small sweet onion, chopped**
- 1/2 cup chopped flat leaf parsley**
- 1/3 cup pumpkin seeds**

Dressing:

- 1 tbsp. olive oil**
- 3 tbsp. fresh lemon juice**
- 1 - 2 tbsp. honey** (agave or maple syrup)
- 1/3 cup peanut butter**
- 1/2 cup water**

Sea salt

Rinse kelp noodles well and soak in water with 1 tbsp. lime juice for about 15 minutes. Meanwhile, in a large bowl combine slaw, kale, onion, red pepper, parsley, and pumpkin seeds.

Whisk together dressing except for the water. Add water to thin to desired consistency. Pour dressing over salad and toss.

Wakame Seaweed Salad

- 3/4 ounce dried wakame seaweed (whole or cut)**
- 3 tbsp. rice vinegar (not seasoned)**
- 3 tablespoons tamari**
- 2 tsp. sesame oil**
- 1 tsp. sugar**
- Red pepper flakes to taste**
- 1 tsp. finely grated ginger**
- 1/2 tsp. minced garlic**
- 2 scallions, thinly sliced**
- 1/4 cup shredded carrot**
- 2 tbsp. chopped fresh cilantro**
- 1 tbsp. sesame seeds, toasted**

Soak seaweed in warm water to cover, 5 minutes. Drain, rinse then squeeze out excess water. If wakame is uncut, cut into 1/2-inch-wide strips. Stir together vinegar, tamari, sesame oil, sugar, pepper flakes, ginger, and garlic in a bowl until sugar is dissolved. Add the seaweed, scallions, carrots, and cilantro, tossing to combine well. Sprinkle salad with sesame seeds. Serving size 4 tbsp.

Arame and Rice Soup

Serves 6-8

1 1/2 cups cooked basmati brown rice

1/4 cup Arame sea vegetable broken up (can use Hijike sea vegetables)

1/2 onion, diced

3 tsp. minced garlic

4 cups variety mushrooms (shitake, baby bella, button, cremini) **cut into 1/4 inch cubes**

1/2 cup dry white wine or No-Chick-n broth cube

1 1/2 tbsp. lemon juice

4 cups unsweetened almond milk or soy milk

4 tbsp. nutritional yeast

2 tbsp. Earth Balance, optional

1/2 tsp. red pepper flakes

3 tbsp. parsley, finely chopped

4 tbsp. pine nuts

Cook rice per package directions. Meanwhile soak Arame in one cup hot water. Heat soup pot over medium heat, add onion and garlic and cook 1 minute. Add mushrooms, wine or broth cube, and lemon juice, sauté about 7-10 minutes, adding up to 1/2 cup of water if needed to prevent sticking. Add nut milk, nutritional yeast, and earth balance (if using), red pepper flakes, Arame with soaking liquid. Cook 5-10 minutes, stirring occasionally. Stir in cooked rice, parsley and pine nuts. Heat through and serve.

Cucumber Sesame Seaweed Snacks

2 organic cucumbers, cut in 1/4 inch slices

1/2 cup sweet pickled ginger, cut into thin ribbons

1.35-ounce package of Sesame Seaweed Snacks, cut into 3/4 inch squares

2 tbsp. black and white sesame seeds for garnish

Sesame spread:

1 can cannellini beans (15 oz.) drained and rinsed

2 heaping tbsp. tahini

1 - 2 fresh lemons juiced

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/4 tsp. sea salt

1/8 tsp. cayenne pepper

Water for thinning

In a food processor combine all ingredients and mix until smooth. Add water 1 tbsp. at a time until desired consistency. On top of a cucumber slice, place 1/4 tsp. of sesame spread. Place a square of seaweed on top of the spread and press gently. Next, place another 1/4 tsp. of sesame spread, followed by two slices of pickled ginger. Sprinkle with sesame seeds.

Seaweed Beans

To enhance beans' digestibility and prevent flatulence, add a strip of kombu to the pot when cooking beans.

2 cups pinto beans

2 strips kombu seaweed

Soak beans in water to cover overnight. Drain, add fresh water to cover. Add seaweed, simmer for about 1 1/2 hours or until beans are tender.

Cacao Pecan Crackers

3/4 cup pecan meal

1/2 cup brown rice flour

2 tbsp. Agar Agar (sea vegetable flakes)

1 tbsp. brewer's yeast

2 tbsp. raw cacao powder

1 tbsp. coconut or date sugar

1/2 tsp. sea salt

1/4 cup finely shredded unsweetened coconut

1/4 tsp. baking soda

40 - 60 drops vanilla stevia

1/4 cup water

1/2 tsp. olive oil

Preheat oven to 350° F. In a food processor grind pecans to a fine meal. Add in remaining ingredients and process until a ball either forms or can be formed with your fingers. Do not over process.

Sandwich the ball of dough with parchment paper on top and bottom. Roll out dough until it's about 1/8 inch thick. With a pizza cutter cut into 1" squares. Place squares on baking sheet and bake for 12-15 minutes or until lightly golden on bottom. Cool on baking sheet for 10 minutes. Store in an air-tight container once fully cooled.

Quick preparation tip: this recipe can be made in the food processor. Grind pecans to meal first then add all the ingredients to the food processor and pulse until mixed and the dough can be formed with your fingers.

Agar Agar is a sea vegetable. It contains iodine, iron, is 80% fiber, has no calories, has anti-inflammatory properties, and can be used as a thickener in recipes