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Seaweed: The Hidden Gem of the Sea

Nori (red algae)  Wakame (brown algae)  Kelp (brown algae)

Seaweeds are sea vegetables identified by their shape, taste, and texture. Seaweeds are rich sources of omega-3 fatty acids, minerals such as calcium, iodine, and magnesium, vitamin B₁₂ and antioxidants. Three commonly eaten seaweeds are shown above.

Seaweed has anti-inflammatory properties that fight arthritis, celiac disease, asthma, and may lower risk of heart disease, type 2 diabetes and depressive symptoms.

Enjoy adding dry seaweed, such as Nori, to soups or salads. Or eat a sheet of Nori as a snack. But eat seaweed in moderation because it is high in iodine which can damage your thyroid.

Dried seaweed like wakame and kelp need to be rehydrated before cooking. Nori can be eaten directly as snacks, and be can found as sheets in supermarkets.

Wakame-Cucumber Salad
Ingredients (4 servings)
1 oz. dried wakame
⅔ cup distilled white vinegar
⅔ cup sugar
3 tbsp. kosher salt
1 tsp. black peppercorns
2 Kirby cucumbers, sliced ¼” thick
¼ medium daikon, thinly sliced

Preparation
1. Soak wakame in a small bowl of cold water for 20 minutes. Drain and squeeze wakame gently to remove excess water. Cut into 1 – 2” pieces.
2. In a medium saucepan, bring vinegar, sugar, salt and peppercorns, and 2 cups water to a boil, whisking to dissolve sugar and salt. Let it cool.
3. Mix wakame, cucumber, daikon, and pickling liquid in a medium bowl. Cover and chill at least 24 hours. Drain excess liquid just before serving.