

# Health Tip of the Month

## 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 B<sub>12</sub> 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

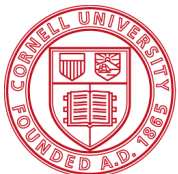
#### Ingredients (4 servings)

- 1 oz. dried wakame
- ½ 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.



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Worksite Wellness Initiative: by KhooEe, Dietetic Intern

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