

*HIJIKI-YAM MEDLEY*

Serves 3 to 4

1 cup hijiki, soaked\*  
2 cups grated yam or sweet potato  
4 tablespoon dehydrated sunflower or pumkin, or soaked seeds (optional)

**Dressing:**

1 tablespoon sesame oil  
2 teaspoons grated ginger  
2 teaspoons tamari  
Pinch cinnamon

In a serving bowl, combine the soaked hijiki, yam, seeds and the dressing ingredients. Gently toss the ingredients.

\* Soak for 30 minutes and drain, soaked for another 30 minutes and drain again.

Suggestion: The Creamy Asian Dressing is also delicious with this salad.

(From Nomi Shannon's book: The Raw Gourmet)