

HEALING FOUNDATIONS NATUROPATHIC CLINIC

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DULSE=seaweed, concentrated in iodine, rich in manganese, which activates enzyme systems; salt substitute; traditionally used in soups and as a condiment in Europe.

Preparation:

- Freshen in water and rain. Look for bits of shells.
- Use like spinach or any leafy vegetable.
- Toast in oven. Eat like chips.
- Saute in oil and eat as a condiment.
- Use as a thickener in gravies and sauces.
- Layer in casseroles or in sandwiches.
- Blend with mashed potatoes, soups, croquettes, spreads, vegetable burgers, grains, salads and desserts.

Recipes:

Vegetables with Dulse:

- 1 cup dulse, soaked and sliced
 - 1 cup carrot, cut into matchsticks
 - 1 cup turnip or parsnip, “ “
 - 1 teaspoon sesame oil (optional)
 - ¼ teaspoon sea salt (optional)
- Saute (in oil) veggie, 5-7minutes on medium heat, or simmer until tender in ¼ inch of water.
Add dulse and salt.
Cover and cook on low heat, 10min.
Remove cover and cook off excess liquid.

Dulse-Sprout-Tofu Sandwich:

- 2 slices kamut bread
 - ½ cup sprouts
 - ½ cup dulse, soaked or toasted
 - 2 thin slices tofu
 - Lettuce or greens
- Mix dressing together. Spread on bread.
Layer with ingredients.

Dressing:

- 1 tsp lemon juice
- 1 tsp sesame butter (tahini)