Number of servings: 4
*1 recipe will make 8-10 “taste” servings

Ingredients:
1 clove garlic
1 medium carrot
1 bunch watercress
1 ½ cups boiling water
1 teaspoon sesame oil
¼ teaspoon sugar
3 tablespoons soy sauce

Optional: ⅛ teaspoon cayenne pepper OR red pepper
1 teaspoon sesame seed

Directions:
1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. PLACE watercress in 1 ½ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. COVER and REFRIGERATE until ready to SERVE.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Variations:
In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.
Equipment
- Electric skillet
- Extension cord
- Cutting board
- Knife
- Grater
- Mixing bowls
- Measuring cups
- Measuring spoons
- Mixing spoon
- Vegetable peeler
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.