VEGETABLE NAMUL

Number of servings: 4

Ingredients:
- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 1/2 cups boiling water
- 1 teaspoon sesame oil
- 1/4 teaspoon sugar
- 3 tablespoons soy sauce
- Optional: 1/8 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 1/2 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.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.