VEGETABLE NAMUL

Number of servings: 4

Ingredients:
1 clove garlic
1 medium carrot
1 bunch watercress
1 1/2 cups water
1 teaspoon sesame oil
1/4 teaspoon sugar
3 tablespoons less sodium soy sauce
Optional: 1/8 teaspoon cayenne pepper
OR red pepper
1 teaspoon sesame seed

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

Variation:
In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.