

Moderately Light

Arame and Onions

2 cups dry arame
2 medium or 1 large yellow onion, sliced into half moons
1 teaspoon light sesame oil
pinch sea salt
2-3 tablespoons shoyu (natural soy sauce)

Rinse the arame, drain and allow to sit until soft. Do not let the arame soak in water.

Cut yellow onions into thin half moons.

Heat sesame oil in a large skillet.
Sauté onions for 5-10 minutes or until transparent.

Layer the softened arame on top of the onions. Add enough water to cover the onions and arame.

Bring to a boil, reduce flame, and simmer for 30-40 minutes.
Add shoyu (natural soy sauce). Cover and continue cooking for another 10 minutes or until all liquid is absorbed.

Mix arame and onions together. Serve.

Variation: A few minutes before the cooking is finished add 2 teaspoons of ginger juice from freshly grated ginger, and 1/2 teaspoon of lemon zest (grated lemon peel). Cover pot and continue to cook for a few more minutes or until all liquid has cooked away.