

ABOUT MIZUNA



Mizuna is a member of the mustard family, commonly referred to as California Peppergrass. Indigenous to Japan, mizuna is similar to arugula and often confused with dandelion greens. Both the stems and leaves are edible and have a delicate, mildly sweet and tangy flavor. Mizuna is a good source of vitamin C, folate, calcium, and iron.

Choose:

- ◆ Bright, healthy looking leaves

Avoid:

- ◆ Yellowing leaves

Storage:

Do not wash until ready to use. Put mizuna in a plastic bag and squeeze out as much air as possible; store in your vegetable crisper.

Serving Tip:

- ◆ Excellent when added to salads, soups, and potatoes.



The Natural Trading Company

Noodle Salad with Mizuna



Yield: 3 servings
Time: 30 minutes

Ingredients

2 cups mizuna leaves, washed, stemmed, and roughly chopped
2 carrots, thinly sliced
4 thinly sliced green onions, white and green parts
1/2 cup radishes, thinly sliced
2 cups of cooked whole wheat spaghetti noodles, chilled or cooled
1 tablespoon olive oil (preferred) or vegetable oil
1 teaspoon ground ginger
1 clove minced garlic
2 tablespoons low-sodium soy sauce
2 teaspoons sesame seeds
2 teaspoons rice vinegar
1 Tablespoon sugar

Directions

1. Cook noodles according to package directions. Drain and cool.
2. Combine mizuna, carrots, scallions, and noodles in a large bowl.
3. In a separate bowl, combine garlic, ginger, oil, soy sauce, vinegar, and sugar. Whisk together and pour over noodle mixture. Toss.
4. Top with sesame seeds and enjoy!

Notes: _____
