

VEGETABLE NAMUL

INGREDIENTS

- 1 clove **garlic**
- 1 medium **carrot**
- 1 bunch **watercress** (about 1 pound)
- 2 cups **water**
- 1 teaspoon **sesame oil**
- ¼ teaspoon **sugar**
- 3 tablespoons **less sodium soy sauce**
- Optional:
 - ⅛ teaspoon **cayenne pepper**
 - 1 teaspoon **sesame seeds**

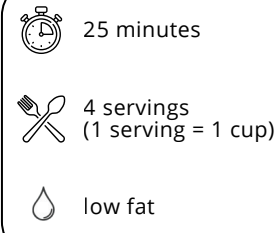
DIRECTIONS

Always practice food safety when cooking.

- 1) Mince garlic. Set aside.
- 2) Grate carrot. Set aside.
- 3) Rinse watercress well. Remove undesirable leaves and tough stems and cut into 1 inch lengths. Set aside.
- 4) Boil 2 cups water in a medium-size pot.
- 5) Place watercress in boiling water. Toss to cook evenly for 3 minutes or until stems are tender but not limp.
- 6) Drain watercress thoroughly.
- 7) In a large bowl, add garlic, sesame oil, sugar, soy sauce, and cayenne pepper (optional). Mix well.
- 8) Add carrot and watercress. Mix well.
- 9) Optional: Sprinkle sesame seeds on top.
- 10) Cover and refrigerate until ready to serve.

NOTES

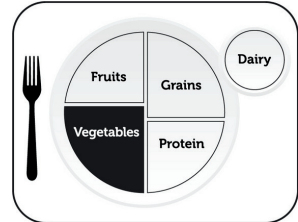
- Other vegetables such as camote, ung choy, spinach, or bean sprouts can be used in place of watercress.
- A small minced Hawaiian chili pepper can be used in place of cayenne pepper.



25 minutes

4 servings
(1 serving = 1 cup)

low fat



Nutrition Facts	
4 servings per container	
Serving size	1 cup (194g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 347mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	