

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- April -

SEAFOOD

TOASTED SEAWEED SNACKS

**8-10 sheets of Nori
(Sushi Seaweed Paper)**

**2 tbl olive oil (or sub 1 tbl
for toasted sesame oil)**

Sea Salt

Place oil in a small bowl and have your sea salt ready to use. Place your stack of nori sheets next to some parchment paper or a cutting board. Lay one nori sheet at a time on your parchment paper and brush lightly with oil using a basting brush or your fingers. Sprinkle some salt (to your liking) all over and set the sheet aside. You only need to oil and salt one side.

Repeat with the rest of the nori sheets, stacking on top of one another.

Heat a large skillet over medium heat until hot. Wait a few minutes for the pan to really heat through. Once heated, place one sheet of your prepped nori on the pan. The nori will start to shrivel and the color will turn slightly green. Let it toast for 3-5 seconds and then flip to toast the other side. Adjust the heat slightly if needed. Repeat with the rest of the sheets and stack on top of one another once finished.

Once all sheets are toasted and stacked, slice into smaller rectangles using a sharp knife. Store in an airtight container at room temperature for 2-4 days. Enjoy!

*Receita enviada por
Gabrielle Chronister*



For more information visit

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