



Featured Recipe

Courtesy of The Allergy & Environmental Treatment Center

Egg Burrito with Nori

Day 4



Nori is one of the most popular sea vegetables and has been consumed in Japan, China and Korea for thousands of years. It belongs to the genus Porphyra, with many varieties being commercially grown and harvested to make Nori sheets and flakes. Western consumers are familiar with Nori seaweed as the thin sheets used to wrap sushi. Nori has a distinctive salty flavor that many people find delicious.

Benefits of Nori

- Improves overall health. Nori is high in nutrients including vitamins and minerals. It can enhance your overall health.
- Promotes weight loss. High in fiber and low in calories, Nori seaweed can help those who want to shed weight.
- Moisturizes the skin. Nori is found in many healthcare and skin products. It cleanses the skin and helps prevent premature skin aging by keeping the skin moisturized and wrinkle-free.
- Prevents cardiovascular disease. Eicosapentanoic acid or omega-3 improves overall health and aids in brain growth and development. Omega-3 has also been noted to reduce the occurrence of heart disease.
- Prevents cancer. A Korean study revealed that repeated utilization of Nori seaweed was linked with lower rates of breast cancer in women. Nori contains antioxidants and vitamins that fight free radicals and prevent cell damage that could lead to cancer.
- Maintain healthy cholesterol levels. Studies show that consumption of Nori seaweed has a beneficial effect on the body's cholesterol levels.

<http://www.seavegetablesinfo.com/nori-benefits>

In addition, Nori provides an alternative to Wheat and Corn; high in Calcium and Magnesium: provides variety to the diet.

Ingredients:

2 Eggs
¼ cup Tomato, diced
¼ cup Bell Pepper, diced
¼ cup Shallot, diced
1 Tbsp. Ghee
Sea Salt, Pepper, Flat Leaf Parsley
Nori Sheets

Preparation:

Scramble eggs and veggies in a skillet with Ghee.
Season to taste.
Place cooked egg mixture onto a Nori Sheet.
Moisten outer edges with water and roll up to make a burrito.

Bon Appétit!

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