

Green dish

Living green for the Williamson family means driving their bio-diesel car and eating the occasional homegrown salad, like Yasuko's Ningin Happa Ae.

INGREDIENTS

- 1 bunch carrot greens, preferably home grown or organic
- 2 tbsp. peanut butter
- 1 tbsp. sugar (use 1/2 tbsp if you use peanut butter with added sugar)
- 1 tsp. salt
- 2 tbsp. soy sauce

METHOD

- Wash carrot greens thoroughly.
- Bring about 2 litres of water to a boil and add about 1 tsp. of salt. (Salt removes the bitterness of the greens and intensifies the bright green colour.)
- Place carrot greens in boiling water and cook about three minutes on high heat. (If you prefer crunchy texture stop cooking as soon as the water boils again. If you like soft texture, cook longer.)
- Drain, then rinse with cold water to cool the greens quickly. Squeeze carrot greens gently to remove water.
- Chop the cooked greens.
- Mix sugar, soy sauce and peanut butter.
- Combine sauce and greens just before serving.
- Enjoy.



SERVING IT GREEN - A Tokyo native, Yasuko Williamson is beginning to appreciate the open space of Canada. She's even started her own vegetable garden, growing carrots that she uses in her Ninjin Happa Ae, or Japanese carrot green salad with peanut butter sauce. With husband Eric, she operates NorthVan GreenTours, a local tour company that uses a bio-diesel SUV.

Daniel Pi photo

