

Sunny Buckwheat

Prep Time

10 minutes

Prep Notes

n/a

Cooking Time

20 minutes

Yields

4 servings

Ingredients

1 cup buckwheat or kasha
2 cups water
1/2 tsp sea salt
1 small handful of green beans, chopped
1 yellow crookneck or patty pan squash, chopped
1/4 cup roasted sunflower seeds

Directions

1. Dry-roast buckwheat in a 350° F oven for 5-10 minutes or until it's nutty and golden brown. Shake the tray once or twice to make sure the grain is roasting evenly.
2. Bring water to a boil.
3. Slowly add the buckwheat and let the water return to a boil.
4. Turn heat down and simmer.
5. Add beans and squash to the grain after it has cooked 10 minutes.
6. Continue cooking 10 more minutes.
7. Stir in sunflower seeds, fluff, and serve.

Notes

- Try green zucchini or snow peas instead of green beans.
- Try pumpkin or other seeds in place of sunflower seeds.