# **Buckwheat**

### **Health Benefits**

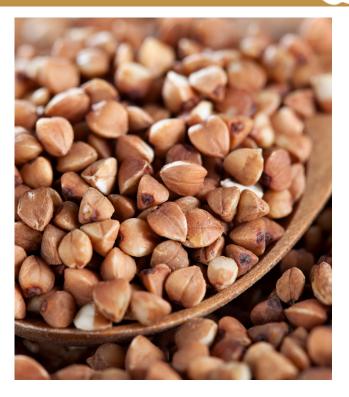
- Excellent source of fibre and a good source of protein
- · Good for blood sugar control and heart health

#### Storage

Uncooked buckwheat should be stored in a cool, dry place. Should be stored in an air-tight container. Cooked buckwheat can be stored for 3 to 5 days in the refrigerator.

### Preparation

For every 1 cup of buckwheat you will need 1 and 1/2 cups of water. Place the water in a saucepan over high heat and bring it to a boil. Add buckwheat and a small pinch of salt. Bring the contents to a boil again, then cover the pot and reduce the heat to medium-low. Simmer for 10 to 15 minutes, or until tender.



# **Buckwheat**

## Sunny buckwheat salad

### Ingredients:

1 cup buckwheat 1 1/2 cups water 1/2 cucumber, diced 1 tomato, diced 1 green pepper, diced Herbs and spices of choice 1 tablespoon olive oil Salt and pepper to taste



#### Directions:

- 1. Rinse the buckwheat and place them in a small sauce pan. Add the water, salt and bring it to a boil. Reduce the heat to low-medium and simmer for a further 10-15 minutes or until tender. If the buckwheat does not absorb all the water, drain it.
- 2. Add vegetables into a bowl and season with salt and pepper. Pour over a table spoon of olive oil and sprinkle with herbs (add as much as you like). Mix well.
- 3. When the buckwheat is ready, taste it, add more salt (if needed) and mix it with chopped veggies.
- 4. Serve warm or cold!

Servings: 2-4 \*Recipe adapted from happyfoodstube.com