

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