

Springtime Buckwheat Salad

Serves 6-8



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 cup buckwheat groats (optional: toasted)
- 1 bell pepper, any color, chopped
- ½ red onion, diced
- 1 bunch asparagus, tough ends removed, cut into 1-inch pieces
- 1 zucchini, chopped
- 2 carrots, diced
- 1 cup frozen quartered artichoke hearts, thawed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice (about 1 lemon)
- 1 teaspoons salt or to taste

Optional: beans (white, kidney, etc.), tofu, edamame, chicken, fresh herbs, parmesan

Directions

1. Rinse buckwheat, then place into a saucepan. Add 2 cups water and bring to a boil. Reduce heat and simmer 10-12 minutes. Let cool.
2. Preheat oven to 425° F. Spread vegetables on a baking sheet in a single layer, using multiple baking sheets if necessary, then toss with olive oil, salt and pepper. Roast until tender and golden brown, about 10-15 minutes, depending on the size of the vegetables. Let cool.
3. Toss buckwheat with vegetables in a large bowl. In a small bowl, combine olive oil and lemon juice with salt and pepper to taste, then toss with the salad.

Recipe from Cook Well Berkeley: Satisfying Spring Salads, Spring 2015