

KASHA AND JICAMA SALAD

INGREDIENTS

1 cup buckwheat
1 ¾ cups water/veggie broth
½ cup toasted pumpkin seeds
2 tbsp fresh cilantro, chopped
1 tsp ginger
1 small jicama, diced
6-8 red lettuce leaves, shredded
juice of 1 lime
1 medium green apple, grated
salt and cayenne pepper, to taste

DIRECTIONS

1. Toast pumpkin seeds with small amount of salt in 350 F oven until crispy.
2. Toast buckwheat and jicama in small saucepan for 1-2 minutes. Add liquid, bring to a boil over medium heat. Reduce heat to low and simmer, covered, 15-20 minutes or until all liquid is absorbed and grain is soft.
3. Remove from heat, and let cool.
4. While buckwheat is cooking, mix all other ingredients in salad bowl. Once pumpkin seeds, buckwheat, and jicama is cool, mix in with other mixture.
5. Season with salt and pepper to taste, and enjoy!!!

