

Buckwheat and Lentil Salad with Tahini Yoghurt

Dressing by Yogi Kitchen



Ingredients:

1 cup Buckwheat (untoasted)
1 cup Puy lentils/green lentils
2 tbs Coconut Oil
2 sticks Celery (finely dice)
½ Red Pepper (finely dice)
½ Green Pepper (finely dice)
3 tbs Fresh Parsley chopped
1 Bay Leaf
1 tbs Tomato Paste
1 ½ tsp Oregano
1 ½ tsp Thyme

To make the dressing:

1 cup Yoghurt
2 tbs Olive Oil
¼ cup Tahini
1 tbs Mustard
Juice from 1 whole Lemon
Salt and pepper to taste

1. Rinse the buckwheat and the lentils separately in a few changes of water and then leave to soak for a few hours, preferably overnight.
2. Put the lentils on to boil with 1 ½ cups of water and simmer, semi-covered for about 30 minutes until all the water is pretty much absorbed. Cover to keep warm and set aside.
3. Whilst this is happening, add 1 tbs of oil to a heavy-bottomed pan, drain the buckwheat and toast over a medium low heat until it darkens a shade and omits a nice roasted smell.

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4. On another burner, heat the remaining tablespoon of oil and add the celery, peppers, half the fresh parsley and bay leaf. Sauté for five minutes until the vegetables soften and then add the tomato paste, a tablespoon of water and the dried herbs. Stir for another minute and then remove from the heat. Add to the lentils.
5. Transfer the buckwheat to a saucepan with two cups of water and ½ tsp salt and bring to the boil. Turn the heat to a simmer and cook for about 20 minutes, semi-covered until the water is absorbed.
6. Add the cooked buckwheat to the lentil-vegetable mixture.
7. Combine all ingredients for the dressing and blend in a food processor/or with a handheld blender.
8. Stir the dressing into the salad and add garnish with the reserved parsley. Serves 4

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