

Summer Buckwheat Salad

Ingredients

- 3 cups pre-cooked buckwheat groats (pre-cook in water and sauerkraut juice: 2 cups liquid to 1 cup of dry buckwheat)
- pinch of sea salt
- 2 tablespoons finely chopped parsley
- 1 cup steamed, chopped kale or leftover leafy greens
- 1 cup chopped, drained sauerkraut
- 1/2 cup red cabbage, thinly sliced, blanched and sprinkled with brown rice vinegar to brighten and preserve the color

Preparation

Sauté finely chopped parsley in a very small amount of water. Mix the parsley with the buckwheat. Mix in the steamed, chopped kale and chopped sauerkraut. Add the dressing below.

Dressing:

- 1/4 - 1/2 cup tamari soy sauce
- 1 teaspoon squeezed gingerroot.

Pour the dressing over buckwheat salad and mix in. Transfer to a salad bowl and serve.