



Buckwheat, Wild Rice and Cranberry Salad

Ingredients:

1 cup wild rice** or Emmer
1/2 cup raw buckwheat groats
3 cups filtered water
1/4 cup dried cranberries
1/4 cup raw pecans
1 small bunch fresh parsley, chopped
2 Tbsp. olive oil
1 Tbsp. fresh squeezed lemon juice
1 tsp. orange peel (zest)
1 tsp. agave nectar or 2 tsp. Sugar
1 tsp. sea salt
Fresh cracked pepper

Procedure:

Bring the water and wild rice** to a boil on the stove top. Add 1 tsp. sea salt and cook for 30 minutes. Then add the raw buckwheat groats and cook for another 15 minutes. If there is still water in the pot, remove the lid for the last few minutes so it cooks away. Fluff with a fork and allow cooling. In a small bowl, combine the olive oil, juice of fresh-squeezed lemon, orange peel (take a cheese grater and grate the outside of an orange), and agave nectar. Toss with the chilled buckwheat/wild rice mixture, cranberries, pecan pieces, and fresh chopped parsley; serve cold.

**Emmer may be substituted for Wild rice. Boil Emmer 15 minutes (instead of 30 for rice) before adding Buckwheat.

