

---

## Buckwheat, Wild Rice & Cranberry Salad

---

### Ingredients

- 1 cup wild rice or Emmer\*
- ½ cup raw buckwheat groats
- 3 cups filtered water
- ¼ cup dried cranberries
- ¼ 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

---

### Method

Bring water and wild rice (or Emmer\*) 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 or sugar if using. Toss with the chilled buckwheat/wild rice mixture, cranberries, pecan pieces, and fresh chopped parsley; serve cold

### Notes

\*Emmer is a great substitute for wild rice. Boil Emmer 15 minutes (instead of 30 for rice) before adding Buckwheat.

