



## Cucumber Buckwheat Salad

### Ingredients

- 1 cup buckwheat groats
- 2 cups water
- ½ tsp salt
- 1 cucumber, diced
- 1-2 tomatoes, diced
- ¼ cup red onion, finely chopped
- 2 tbs fresh mint, chopped
- 2 Tbs fresh basil, chiffonaded ( cut into long thin strips)
- ¼ - ½ cup feta cheese, chopped or crumbles
- juice of 1 lemon
- 2 tbsp white wine vinegar
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper

**Yield: 2 servings**

### Directions

1. In a small saucepan, bring water to a boil. Add buckwheat groats, reduce heat, cover and cook until all water has absorbed, about 15 minutes.
2. Remove lid and allow to cool for at least 30 minutes. For this demo and when crunched for time, rinse in cold water. You can also cook your buckwheat groats the previous day and let them cool overnight.
3. Add all ingredients, including cooled buckwheat to a large mixing bowl. Mix until well combined.
4. Serve immediately or refrigerate for a few hours (or overnight) to allow for flavors to develop.

*Recipe provided by former chef and oncology nutritionist Elise Cushman, MS, RDN, LD, CSO, with the Norris Cotton Cancer Center at Dartmouth-Hitchcock.*