

Green Bean and Buckwheat Salad

30 minutes

Based on a recipe by Yotam Ottolenghi

Ingredients (serves four)

1/2 cup of buckwheat groats
2 red onions
300-400 grams of green beans
1 small clove of garlic (or half)
Jar of sauce (6 tbsp greek yogurt, 2 tsp lemon juice, 1
tbsp olive oil, 1/4 tsp dried mint)
Salt
Olive oil
Greens for serving (optional)



Instructions

1. Preheat the oven to 425 degrees. Cut red onions into 3/4 " wedges, toss with a glug of olive oil and 1/8 tsp of salt. Spread onto a baking sheet lined with parchment paper and bake for 18 minutes
2. Trim and cut green beans in half
3. Put a medium pot of lightly salted water on high heat. When it has begun to boil, add buckwheat and cook for 7 or 8 minutes. Add green beans and cook for an additional 4 minutes. Drain, refresh under cold water and set aside.
4. Grate the garlic (use only 1/2 the clove to start and add more if desired) into the yogurt sauce. Add 1/8 tsp of salt and stir well.
5. Trim the leaves off of the herbs (mint and tarragon) and roughly chop.
6. In a bowl mix the green beans and buckwheat with the cooked red onions, herbs, 1 glug of olive oil and 1/2 tsp of salt.
7. Serve salad alone or on a bed of greens with sauce either on top or on the side.
8. Enjoy!

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>