



Chickpea and black bean jewel salad*

YIELD: 6 TO 8 PORTIONS

INGREDIENTS

Buckwheat, 1 cup dry
 Water 2 cups
 Salt 1/2 tsp., plus more to taste
 Cilantro, fresh, minced 1/2 cup
 Mint, fresh, chopped 1/2 cup
 Green onions, whites, thinly sliced 1 cup (about 2 bunches)
 Green onions, greens, chopped 1/4 cup
 Black beans, cooked, or canned, 15 1/2 oz. drained and rinsed
 Chickpeas, cooked, or canned, 15 1/2 oz. drained and rinsed
 Red or yellow bell pepper, chopped 1 ea. into 1/2" squares
 Cherry tomatoes, quartered 3 cups
 Persian cucumber, chopped into 1/2" squares 1 ea.
 Nuts, toasted and roughly broken 1/2 cup
 Lemon juice 1/4 cup, plus additional as needed
 Cumin seeds, lightly toasted, ground 1/2 tsp., plus additional as needed
 Garam masala 1/4 tsp.
 Extra-virgin olive oil 6 Tbsp.

DIRECTIONS

1. Add 1 1/2 cups of water to a saucepan and bring to a boil.
2. Reduce heat to low, cover and simmer, 12 to 15 minutes or until water has been absorbed.
3. Let the buckwheat cool 10 minutes before mixing in other ingredients.
4. In a large bowl, combine buckwheat, with all other ingredients. Taste and add more lemon juice if desired.
5. Serve right away or let sit for up to 1 hour before serving.

Nutrition Information (per portion/serving)

Calories: 320 / Protein: 14 g / Carbohydrate: 46 g / Fiber: 11 g / Carbohydrate to fiber ratio: 4

Saturated fat: 2 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 13 g

Trans fat: 0 g / Sodium: 395 mg / Potassium: 480 mg / Added sugar: 0 g

*This recipe meets all HKHL Recipe Nutrition Goals for a one dish meal.