



Kasha is the name for buckwheat that has been roasted to a deep amber color. It is one of the oldest traditional foods of Russia. Despite its name, buckwheat is not actually a member of the wheat family, but rather a relative of rhubarb. Of all the grains, buckwheat has the longest transit time in the digestive tract and is the most filling.

### Characteristics

- Stabilizes blood sugar
- Gluten-free
- Builds blood; neutralizes toxic acidic waste
- Benefits circulation
- Strengthens the kidneys
- High proportion of all eight amino acids, especially lysine
- Rich in vitamin E and B-complex vitamins

### Uses

Kasha has a strong, robust, earthy flavor and makes a very hearty meal. It can be eaten as a hot breakfast cereal, a side dish, or a grain entrée mixed with vegetables.

### Preparation

The only way to cook kasha is to add it to boiling water. This keeps the grains separate and less mushy. It also makes the cooking process faster. Do not add kasha to cold water, as it will not cook properly.

### Basic Kasha

*Prep Time: 5 minutes*

*Cooking Time: 20 minutes*

*Serves 4*

#### Ingredients:

- 1 cup kasha
- 2 cups water
- pinch of sea salt

#### Directions:

- Bring water to a boil.
- Slowly add kasha and pinch of sea salt.
- Cover and let simmer 20 minutes.
- Fluff with fork.

See next page for two quick and easy recipes using kasha. For more delicious recipes, check out the book *Integrative Nutrition* or *The Self-Healing Cookbook*.



**Kasha Pilaf**

*Prep Time: 5 minutes*

*Cooking Time: 20-25 minutes*

*Serves 4*

Ingredients:

- |  |   |
|--|---|
| 2 cups water   | 1 cup kasha                               |
| 1 medium sized sweet potato or yam,<br>chopped small | 1/4 cup of corn (fresh or frozen) chopped |
| pinch of sea salt                                    | 1 small onion, diced                      |
| tahini (optional)                                    | 1 small zucchini, chopped                 |

Directions:

- Bring water to a boil.
- Add chopped sweet potato or yam and boil for 6 minutes.
- Add onion, zucchini, corn, pinch of sea salt, and kasha.
- Cover pot and reduce to a simmer.
- Simmer for 15 to 20 minutes, and do not stir.
- Fluff before serving. Enjoy!

*Variation: Serve topped with a little bit of tahini.*

**Kasha and Jicama Salad**

*Prep Time: 15 minutes*

*Cooking Time: 3 minutes*

*Serves 8*

Ingredients:

- |                                |  |
|--------------------------------|--|
| 2 cups leftover 'basic kasha'  | 1 cup coarsely grated granny smith apple |
| 2 teaspoons roasted sesame oil | 1/3 cup pumpkin seeds                    |
| 1 teaspoon ginger juice        | 2 tablespoons chopped fresh cilantro     |
| 1 small jicama (10 oz)         | hot sauce to taste                       |
| juice of 1 lime                | 6 – 8 large red leaf lettuce leaves      |

Directions:

- Combine leftover kasha with sesame oil and ginger juice in a small bowl.
- Peel and cut jicama into matchsticks; place in a non-reactive bowl with lime juice and salt; cover and let marinate for 10 minutes.
- Toast pumpkin seeds in saucepan over medium to high heat, stirring constantly for approximately 3 minutes or until the seeds start to pop. Remove from heat and set aside 1 tablespoon of seeds; when cool, coarsely chop remaining seeds.
- Combine kasha, jicama, apple, chopped pumpkin seeds, cilantro, and hot sauce.
- Line serving platter with lettuce leaves, place kasha salad in the center, and garnish with whole pumpkin seeds.