

Recipe

Kasha with Vegetables

By

Madhavi d.d.



Ingredients

1 cup kasha, roasted buckwheat
2 cups water
3-4 tbsp olive oil, divided
1 cup chopped celery
1 cup chopped broccoli flowers
½ cup chopped carrots
½ cup chopped summer squash
1 tbsp parsley
1 tsp salt
½ tsp pepper
½ cup cashew nuts

Preparation

Cook roasted buckwheat in a saucepan (1 cup of kasha + 1 tbsp oil + 2 cups water).

Meanwhile, heat the oil in the pan. Add all the vegetables and sauté for 5 to 6 minutes. Once kasha is cooked, add that in the pan and cook with vegetables and all seasoning for another 3 minutes. Add nuts just before you turn off the heat. Sprinkle parsley on the plate before serving.

***Typically this Jewish dish is cooked with bowtie pasta. Simply omit pasta, it becomes a great dish on Ekadasi.

Serves

1-2

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare