

Buckwheat Tabouli with Chickpeas



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 cup buckwheat, rinsed
- 2 cups water
- 3 cloves garlic, finely minced
- 3 tablespoons fresh mint leaves, minced
- $\frac{3}{4}$ cup fresh parsley, minced
- 2 medium tomatoes, diced
- 1 small cucumber, chopped
- $\frac{1}{2}$ cup green onions, finely chopped
- 1 (15 ounce) can chickpeas, rinsed and drained
- 3 tablespoons lemon juice
- $\frac{1}{4}$ cup olive oil
- 1 teaspoon salt

Directions

1. Heat a large pot over medium heat. Add buckwheat and stir until lightly toasted.
2. Pour water over buckwheat and bring to a boil over medium-high heat. Cover with lid and simmer 15-20 minutes or until all water is absorbed.
3. Remove buckwheat from the pan, place in a mixing bowl and fluff to cool.
4. When cool, add all remaining ingredients and toss to mix thoroughly. Refrigerate for 30 minutes to allow the flavors to blend.

Recipe from Cook Well Berkeley: Cooking Carb-Smart, Spring 2013