



# Buckwheat Salad

Calories:125

Carb:26.8g

Fat:1g

Protein:4.2g

Prep Time:10 mins

Cook Time:20 mins

Total Time:30 mins

Servings:2

Category: Salad

## ingredients

- ½ cup Buckwheat , uncooked
- 1.5 cup Water
- ½ red onion
- 1.5 cup cherry tomatoes
- 4-5 sprigs fresh cilantro
- 1 cup arugula leaves
- A generous pinch of black pepper
- 1 tbsp lemon juice

## directions

- Rinse the buckwheat grains and put it in a small saucepan. Pour the water in the pot and add salt, bring it to a boil.
- Reduce the heat, cover and simmer until tender 10-15 minutes. Drain the water, if there is any.
- Slice the tomatoes into halves, place tomatoes and arugula leaves in a bowl.
- Season the tomatoes and arugula with salt and pepper, pour over lemon juice and toss.
- Add the cooked buckwheat, cilantro and sliced onion, adjust seasoning, enjoy!