

Kasha Breakfast Pilaf

Another delicious breakfast grain, kasha (or buckwheat) has a reddish-brown color and robust, earthy flavor. Here it's combined with potatoes for a rib-sticking meal.

2 teaspoons toasted sesame oil
1 small onion, chopped
2 cloves garlic, minced
Pinch of sea salt
2 cups boiling water
2 medium red potatoes or 1 large baking potato
4 mushrooms, sliced
1 cup kasha
Freshly ground black pepper

1. Heat the oil in a 2-quart saucepan. Add onion, garlic and salt and sauté until the onion is soft.

2. Scrub potatoes well and cut into 1/2-inch cubes. Add potatoes and mushrooms to onions, stir and sauté 1 to 2 minutes. Add kasha to mixture and stir. Pour in boiling water. Turn heat to low. Cover pot and simmer 15 minutes. Fluff grains with a fork and serve immediately garnished with freshly ground black pepper.

Serves 6

Nutritional Information

per serving:

Calories: 84
Fat: 2.4g
% fat calories: 25
Cholesterol: 0mg
Carbohydrate: 11.3g
Dietary Fiber: 2.4g