

## Buckwheat with Cremini Mushrooms and Broccoflower

After a brisk walk in the fresh air, I was inspired to prepare a bowl of kasha. It is my grain of choice during winter. This hardy grain is a relative of the rhubarb. In medieval Russia, it was a feast of choice. Kasha is roasted buckwheat; it has no connection to wheat at all. It is a gluten-free food.

Buckwheat is a cooling grain. It supports the stomach, large intestine, and the spleen. Of all the grains, buckwheat has the longest transit time in the gut. It is, therefore, the most filling and stabilizing for blood sugar irregularities. It is the optimal grain for diabetes patients. Other significant characteristics of this grain are that buckwheat helps neutralize the toxic acidic waste in the body, helps to lower cholesterol, and is an excellent choice as a blood building food. Buckwheat is high in rutin and quercetin, flavonoid glycosides that have beneficial effects on blood vessels. It helps to lower high blood pressure, reduce capillary permeability, and increase micro-circulation in veins. Did I mention it has all eight essential amino acids? It is higher than all other grains in lysine and has 100 percent more calcium than other grains; thus, it is considered a nutritional powerhouse.

Buckwheat pairs well with mushrooms since both have great earthy flavors. Enjoy this soul-warming dish on a cold winter day.

### Ingredients:

- 1 cup kasha
- 1 tablespoon olive oil
- 2 cup filtered water
- 1 cup cremini mushrooms sliced
- ½ head broccoflower (Romanesco broccoli) cut in small florets
- ¼ cup fresh cilantro chopped
- ½ teaspoon sea salt
- Fresh ground pepper

### Preparation:

Bring two cups of water to boil add salt.

In the meantime, add the oil to a sauté pan and sauté the sliced mushrooms and broccoflower florets.

Rinse your kasha thoroughly.

Add kasha, sautéed mushrooms, and broccoflower to the boiling water and cook for 15 minutes or until all liquid is absorbed.

Allow cooling and fluffing; season to your taste with fresh chopped cilantro, fresh ground pepper and more salt if needed