



The Birkett Mills Recipes

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Breakfast: Gluten-Free Lentils and Buckwheat Salad to Go

Makes: 2 servings

Ingredients

1/4 cup dry lentils	1/4 teaspoon crushed rose petals (optional)
3 tablespoons olive oil	4 1/4 cups water
1/4 teaspoon ground paprika	1/4 cup buckwheat groats, rinsed
1/4 teaspoon ground rainbow peppercorns	1 teaspoon salt
1/4 teaspoon ground turmeric	1 1/2 ounces baby spinach leaves
1/4 teaspoon red pepper flakes	1/2 cup shredded cooked beets
1/4 teaspoon ground mace	1/2 cup shredded carrots
1/4 teaspoon ground coriander	2 tablespoons finely chopped green onions
	1 teaspoon apple cider vinegar

Directions

Place lentils into a bowl and cover with several inches of cool water; let stand at least 2 hours. Drain and rinse.

Mix olive oil, paprika, pepper, turmeric, red pepper flakes, mace, coriander, and rose petals together in a bowl.

Combine lentils and 4 1/4 cups water in a pot and bring to a boil; cook until lentils are tender yet firm to the bite, 15 to 18 minutes. Add buckwheat groats and return water to a boil; add salt. Cook lentils and buckwheat for 10 minutes; remove from heat, cover pot, and let sit until all water is absorbed, about 5 minutes.

Pour lentils and buckwheat into a large bowl; add spinach, beets, carrots, and green onions. Pour seasoned oil mixture over lentil mixture and stir to coat. Drizzle apple cider vinegar over salad and stir to coat. Refrigerate for flavors to blend, at least 30 minutes.

Special thanks to allrecipes.com for the recipe!