



The Birkett Mills Recipes

The Birkett Mills © 2014

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Salads and Soups: Santonini With Feta

Serves: 4-6 servings

Ingredients

1 cup water
1 1/3 cups Italian salad dressing
1 cup whole buckwheat groats
1 cup diced plum tomatoes
6 oz. jar marinated artichoke hearts, drained and coarsely chopped
1 cup pitted Kalamata olives or oil cured black olives
1/3 cup sliced green onion
1/3 cup diced, red or orange sweet pepper
1/3 cup chopped, fresh basil
1/3 cup minced flat leaf parsley
1 cup diced feta or mozzarella cheese
Spinach or raddichio leaves

Directions

In two-quart saucepan, boil water and 1 cup salad dressing. Stir in buckwheat, reduce heat, cover pan, and simmer 15 minutes or until liquid is absorbed.

Toss cooled buckwheat groats with remaining 1/3 cup salad dressing, tomatoes, artichoke hearts, olives, onions, peppers, herbs and cheese. Serve on a bed of spinach or raddichio.