



## The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

### Breakfast: Buckwheat Garden Salad

Makes: 2 servings

#### Ingredients

---

1 cup buckwheat groats  
2 cups water  
½ tsp salt  
½ chayotte, finely diced  
12 large green olives, pitted and quartered  
1 small yellow bell pepper, diced  
1 cup broccoli florets, chopped  
¼ cup red onion, finely chopped  
50g walnut, chopped  
½ cup fresh dill, chopped  
2 tbs fresh mint, chopped  
juice of 1 lime  
2 tbs white wine vinegar  
1 tbs olive oil  
½ tsp salt  
½ tsp black pepper

#### Directions

---

In a small saucepan, bring water and salt to a boil. Add buckwheat groats, reduce heat, cover and cook until all water has absorbed, about 10 minutes.

Remove lid and allow to cool for at least 30 minutes. You can also cook your buckwheat groats the previous day and let them cool overnight.

Add all ingredients, including cooled buckwheat to a large mixing bowl. Mix until well combined.

Serve immediately or refrigerate for a few hours (or overnight) to allow for flavors to develop.



## The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Special thanks to [Thehealthyfoodie.com](http://Thehealthyfoodie.com) for the recipe!