



The Birkett Mills Recipes

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

(315) 536-3311

Salad: Kasha Mediterranean

Serves: 6

Ingredients

1 ½ cups cooked kasha (coarse or whole)	Mint Dressing
1 can chickpeas (rinsed and drained)	3 Tbsp. olive oil
6 oz. Feta cheese, crumbled	1 Tbsp. fresh lemon juice
2 medium tomatoes, seeded and diced	1 Tbsp. White wine vinegar
1 medium cucumber, seeded and diced	1 Tbsp. chopped fresh mint
2 green onion, sliced	1 clove garlic, minced
Freshly ground black pepper	
Fresh mint leaves	

Directions

Prepare kasha according to package directions. Combine kasha, chickpeas, Feta, tomatoes, cucumber, and green onions in a large salad bowl. In a small bowl, whisk together dressing ingredients. Pour over salad; toss gently season with black pepper and garnish with mint leaves



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