

# **Kasha and Beet Salad with Feta**

Chef Kathryn and The South Huntington Library  
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Serves 6-8- need a blender, food processor or Ninja

## **Ingredients:**

2 cups chicken stock or vegetable stock  
2 garlic cloves, minced  
1 cup kasha or roasted buckwheat groats  
3 beets, cooked, peeled and cut to into 1/4 chunks  
4 stalks celery, chopped small  
6 green onions, white parts only  
4 ounces of crumbled feta cheese

## **Dressing:**

1 cup fresh flat leaf parsley (Italian)  
1/4 cup red wine vinegar  
1 tsp Dijon mustard  
1 tsp sea. salt  
1/4 tsp. freshly ground black pepper  
1/4 cup extra virgin olive oil

## **Directions:**

1. In a saucepan over medium-high heat, bring the stock, (Chicken or veggie) and garlic to a boil.
2. Gradually add kasha, stirring constantly to prevent clumping. Reduce heat to low.
3. Cover and simmer until all the liquid is absorbed and kasha is tender, about ten minutes. remove from heat, fluff up with a fork, transfer to a serving bowl and let cool slightly.
4. For dressing: in blender, Ninja or a food processor, pulse parsley, vinegar, mustard, salt and pepper until blended, about five times, stopping and scraping down the sides of the bowl once or twice. Add olive oil, pulse and scrape sides down, blend until smooth
5. Mix the beets, celery, scallions in a small bowl. Add to the kasha along with the dressing (go by eye for the amount) and toss well. Chill until ready to serve. Just before serving, sprinkle feta on top.

## **Chef's Notes:**

Buckwheat groats that are already toasted are known as kasha. Buckwheat is not actually a grain, so it contains none of the proteins associated with gluten tolerance. It is high in Rutin (an important bioflavonoid in the Vit. C family).

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