

kasha with bell pepper confetti

Prep time: 15 minutes
Cook time: 20 minutes

kasha, also known as buckwheat, is a nutty, fast-cooking whole grain that adds flavor to any meal

- 2 tsp olive oil
- ½ C onion, diced
- ¼ C red bell pepper, rinsed and diced
- ¼ C green bell pepper, rinsed and diced
- ¼ C yellow bell pepper, rinsed and diced
- 1 can (14½ oz) low-sodium chicken broth
- ¾ C kasha
- ¼ tsp dried oregano
- ½ tsp salt
- ¼ tsp ground black pepper

- 1 Heat oil in a 4-quart saucepan over medium heat. Add onion. Cook for 5 minutes, stirring occasionally.
- 2 Add bell peppers to saucepan. Cook and stir for 2 minutes. Remove vegetables from pan and set aside.
- 3 Add chicken broth to saucepan. Cover. Bring to a boil over high heat.
- 4 Stir in kasha. Reduce heat to medium-low. Cover. Simmer for about 10 minutes, until kasha is cooked and liquid is absorbed.
- 5 Stir in peppers and onion mixture, oregano, salt, and pepper. Heat for 1 minute. Serve immediately.



yield:

4 servings

serving size:

½ C kasha

each serving provides:

calories	144	total fiber	4 g
total fat	3 g	protein	4 g
saturated fat	0.5 g	carbohydrates	27 g
cholesterol	0 mg	potassium	180 mg
sodium	303 mg		