



Buckwheat Sweet Potato Bowl

2 servings
30 minutes

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	464
Fat	16g
Saturated	2g
Carbs	75g
Fiber	11g
Sugar	3g
Protein	11g
Cholesterol	0mg
Sodium	1237mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.

Adjust Macros: Want less carbs? Reduce the sweet potato a little. More greens? Serve on a large bed of greens and/or add lots of chopped veggies. More protein? Add tofu, tempeh, egg, chicken or shrimp.