

Buckwheat & Roasted Vegetable Salad

Ingredients

- 1 cup (170 g) buckwheat groats, rinsed
- 2 cups (480 ml) water
- 1 zucchini (150 g), diced
- 1 red bell pepper (120 g), diced
- 1 small sweet potato (200 g), cubed
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) balsamic vinegar
- 1 tbsp (15 g) pumpkin seeds
- Fresh parsley, chopped

Step-by-Step Instructions

1. Preheat oven to 200°C (400°F).
2. Toss zucchini, bell pepper, and sweet potato with 1 tbsp olive oil. Spread on a baking sheet and roast for 20–25 minutes until tender.
3. While vegetables roast, cook buckwheat: bring water to boil, add buckwheat, simmer 15 minutes, then drain.
4. Combine buckwheat, roasted vegetables, pumpkin seeds, and parsley. Drizzle with

remaining olive oil and balsamic vinegar before serving.

Why This Helps Blood Sugar

Buckwheat is gluten-free and rich in rutin, which supports blood vessel health and helps stabilize glucose. Roasted veggies provide slow-digesting carbs and antioxidants.