

Kasha and Vegetable Pilaf

Jojo Pingitore

Ingredients

1 cup Kasha (buckwheat groats)

2 cups fresh kale, spinach or turnip greens

1 cup shredded carrots

1 cup chopped onion

2 tablespoons fresh dill or 1 tablespoon dried

2 tablespoons canola oil

½ cup sunflower seeds

Directions

Cook the Kasha according to the directions on the box.

Sauté the vegetables in oil until soft.

Mix together in a large pot: cooked kasha and vegetables.

Heat through until warm.

Stir in sunflower seeds or pine nuts.

Serve.

Makes about 6, one-cup servings.