



Stir-Fried Buckwheat

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- 1 cup bulgar wheat
- 2 large carrots shredded
- 1 teaspoon chili paste depending on your taste pref
- 1 large eggs lightly beaten
- 1 tablespoon ginger fresh minced
- 2 garlic clove minced
- 0.5 pound green beans cut into 1/2-inch pieces
- 2 tablespoons soy sauce reduced-sodium (regular or)

- 1 bell pepper red seeded chopped
- 6 spring onion thinly sliced
- 2 tablespoons sesame oil toasted
- 1 teaspoon sugar
- 2 tablespoons rice vinegar
- 2 cups vegetable broth reduced-sodium

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- wok

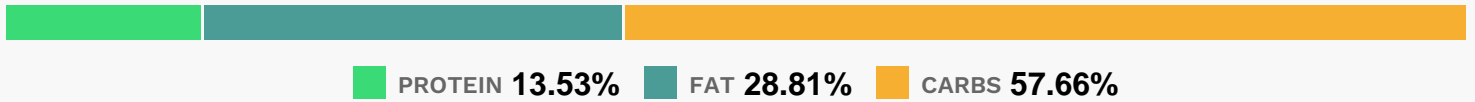
Directions

- Pour the buckwheat groats into a large bowl and mix in the egg until they are well coated, all the grains separated from one another.
- Heat a large, dry saucepan over medium heat.
- Pour in the coated groats and stir over the heat for 2 minutes to set the egg. The groats should still be separate from each other.
- Pour in the broth and increase the heat to high. Bring to a boil. Cover, reduce the heat to low, and simmer until the liquid has been absorbed and the groats are tender, about 15 minutes.
- Spread the buckwheat on a large rimmed baking sheet and cool for 10 minutes to make sure the grains stay separate, rather than glomming onto each other.
- Meanwhile, whisk the soy sauce, vinegar, chile paste, and sugar in a small bowl.
- Heat a large wok over medium-high heat. Swirl in the oil, then add the scallions, garlic, and ginger. Stir-fry for 30 seconds.
- Add the carrots, bell pepper, and green beans. Stir-fry until crisp-tender, about 2 minutes.
- Add all the buckwheat. Continue stir-frying for 1 minute.
- Pour in the soy sauce mixture and bring to a simmer, tossing and stirring for 1 more minute.

Grain Swaps • Substitute 2 cups cooked long-grain brown rice for the buckwheat and omit all the buckwheat cooking steps. Testers' Notes • Buckwheat is sticky, so this very old-fashioned preparation (coating the groats in egg and then boiling them) keeps them separate—at which point they can be stir-fried, just like fried rice. • In truth, you can substitute buckwheat groats cooked in this manner for the rice in any fried rice stir-fry. We thought we'd offer a fairly straightforward preparation here to get you thinking about more uses for these tasty, nutty groats.

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Nutrition Facts



Properties

Glycemic Index:93.48, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:24.526086952375%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 293.65kcal (14.68%), Fat: 10.02g (15.42%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 45.1g (15.04%), Net Carbohydrates: 36.59g (13.31%), Sugar: 6.97g (7.75%), Cholesterol: 46.5mg (15.5%), Sodium: 339.39mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin A: 7586.44IU (151.73%), Vitamin K: 68.88µg (65.6%), Vitamin C: 51.26mg (62.13%), Manganese: 0.86mg (42.98%), Fiber: 8.51g (34.06%), Magnesium: 132.22mg (33.05%), Copper: 0.57mg (28.32%), Phosphorus: 237.91mg (23.79%), Vitamin B2: 0.38mg (22.34%), Vitamin B3: 4.28mg (21.42%), Vitamin B6: 0.37mg (18.69%), Folate: 73.26µg (18.32%), Potassium: 606.28mg (17.32%), Iron: 2.4mg (13.32%), Selenium: 8.2µg (11.72%), Zinc: 1.64mg (10.92%), Vitamin B5: 1.09mg (10.87%), Vitamin B1: 0.15mg (10.13%), Vitamin E: 1.31mg (8.73%), Calcium: 68.69mg (6.87%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)