



# BUCKWHEAT & BUTTERNUT SQUASH BOWLS

Serves: 2

## ingredients

- 1 cup buckwheat groats
- 1 lb. butternut squash, cubed
- 8 oz. shiitake mushrooms, sliced
- 1/4 cup parsley leaves, roughly torn
- 1 Tbsp. butter
- 2 Tbsp. olive oil, divided
- salt and pepper

## Directions

1. Preheat oven to 400° F.
2. Toss squash with 1 Tbsp. olive oil and season with salt and pepper. Roast for 12 minutes, flip and continue cooking an additional 10-12 minutes. Remove and set aside.
3. In a large saucepan over medium heat, melt butter. When butter is bubbling, add buckwheat groats and toast, stirring continuously for about 5 minutes.
4. When groats are toasted, add 2 cups water and bring to a boil. Reduce to a simmer, cover and cook undisturbed for 10 minutes. Remove from heat and fluff with fork. Set aside.
5. In a large skillet over medium-high heat, warm 1 tbs olive oil until shimmering. When hot, add mushrooms, season with salt and pepper and cook until browned, about 5 minutes.
6. Add butternut squash and buckwheat groats, tossing to combine.
7. Add parsley leaves, season with salt and pepper and continue cooking until warmed through, about 3 minutes.