

Warm buckwheat salad with roasted shallots, apples, and frisée

SERVES 3 AS A MAIN COURSE, OR 6 AS A SIDE | 50 MINUTES

Kasha—roasted buckwheat that's been hulled and crushed—has a nutty, smoky flavor that goes well with sweet apples and mildly bitter frisée. You could swap in spelt or wheat berries for the buckwheat.

1 cup coarsely cracked buckwheat groats (kasha)*

5 large shallots, peeled and quartered

2 tart-sweet apples such as Gala, cored and cut into $\frac{1}{2}$ -in. wedges

1 tsp. each kosher salt and pepper, divided

5 tbsp. olive oil, divided

3 tbsp. sherry vinegar

1 tbsp. Dijon mustard

1 tsp. honey

1 cup frisée lettuce pieces

1/2 cup chopped flat-leaf parsley

1. Bring 2 cups water to a boil in a medium pot. Add buckwheat, cover, and reduce heat to low. Cook until water is absorbed, about 10 minutes. Set aside.

2. Preheat oven to 425°. Toss shallots and apples with $\frac{1}{2}$ tsp. each salt and pepper and 1 tbsp. oil, spread on a baking sheet, and roast, stirring occasionally, until apples are golden and barely tender and shallots are lightly caramelized, 12 to 15 minutes.

3. Whisk together remaining 4 tbsp. oil, remaining $\frac{1}{2}$ tsp. each salt and pepper, the vinegar, mustard, and honey in a large bowl. Add reserved buckwheat, warm apples and shallots, frisée, and parsley and toss gently.

*Find in the international aisle with the Eastern European ingredients.

PER 1-CUP SERVING 257 CAL., 41% (206 CAL.) FROM FAT; 4.2 G PROTEIN; 12 G FAT (3.6 G SAT.); 37 G CARBO (4 G FIBER); 324 MG SODIUM; 0 MG CHOL. ■

