

Healthy Russian Beetroot and Buckwheat Salad

This vibrant and nutritious salad combines roasted beetroot and nutty buckwheat, offering a hearty yet healthy main dish.

Packed with vitamins and minerals, it's perfect for a light lunch or dinner.



Main Dish

Russian

60 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 medium beetroot, roasted and diced
- 1/2 cup cooked buckwheat
- 1/4 cup chopped fresh parsley
- 1/4 cup diced cucumber
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: Feta cheese for topping

Steps

- 1 Preheat the oven to 400°F (200°C). Wrap the beetroot in foil and roast for about 45 minutes until tender.
- 2 Once the beetroot is cool enough to handle, peel and dice it.
- 3 In a bowl, combine the cooked buckwheat, roasted beetroot, chopped parsley, and diced cucumber.
- 4 In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
- 5 Pour the dressing over the salad and toss gently to combine.
- 6 Serve chilled or at room temperature, topped with optional feta cheese.