

Buckwheat and Cottage Cheese Casserole

From OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/buckwheat-and-cottage-cheese-casserole>

Ingredients

- 1/3 cup rye flakes or old-fashioned rolled oats
- 1 1/2 cups buckwheat groats
- 1 1/2 tsp. dried dill
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 1 Tbsp. unsalted butter, plus more for preparing pan
- 1 1/2 cups low-fat cottage cheese
- 2 large eggs
- 3/4 cup sour cream
- 1/8 tsp. sweet paprika

Instructions

1. Set a rack in the center and preheat the oven to 350 degrees. Butter an 8-inch square baking dish. Coat the bottom and halfway up the sides with the rye flakes. Set aside.
2. In a heavy 2-quart Dutch oven or saucepan, combine 2 3/4 cups of water with the buckwheat, dill, 1/2 tsp of the salt and the pepper. Bring to a boil over high heat. Stir in the butter. Cover, reduce the heat to low, and simmer until the buckwheat is tender, about 10 minutes. Stir in another 1/4 cup of water if the mixture gets dry before the buckwheat is tender.
3. Transfer the cooked buckwheat to a medium bowl. Stir in the cottage cheese, followed by the eggs and the remaining 1/2 tsp salt.
4. Pour the mixture into the prepared baking pan. With a rubber spatula, spread the sour cream in a layer on top. Dust with the paprika. Bake until the edges are firm and the center is set, 45 to 50 minutes.
5. Remove from the oven and let cool for 5 minutes. Run a knife along the edges and cut into 8 portions. Use a spatula to remove the pieces from the pan.

Makes 8 servings. Nutrition information per serving:

Calories: 220	Dietary Fiber: 4 g
Total Fat: 8 g	Sodium: 500 mg
Saturated Fat: 4 g	Protein: 12 g
Cholesterol:	Carbohydrates: 28 g

