



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Kasha and Chicken Paprikash

From the *Coop Cookbook*

Serves 4

- 1 cup kasha
- 2 cups water
- 1 teaspoon salt
- 1 15-ounce can diced tomatoes
- 1 tablespoon extra virgin olive oil
- 1 pound boneless chicken breasts, diced large
- 2 medium onions, chopped
- 1 green pepper, diced medium
- 1 red pepper, diced medium
- 2 tablespoons paprika
- ½ cup low-fat sour cream
- ½ cup plain yogurt

Bring 2 cups water to boil with salt in a saucepan. Add kasha, cover, reduce heat and simmer for 20 minutes, or until water is absorbed. Drain tomatoes, saving the liquid in a measuring cup. Add water to make 1 cup. While kasha is cooking, heat oil in a large skillet over medium heat, and add chicken pieces. Sauté for 5 minutes until chicken is opaque. Add onions, peppers, tomatoes, reserved juice/water and paprika. Cover and simmer for 20 minutes. Stir in the sour cream and yogurt and warm but do not boil the mixture. Serve with kasha on the side.

*Kasha is toasted buckwheat kernels. When cooked, it has a delightful nutty flavor and a distinctive aroma. Kasha is nutritious and contains all eight essential amino acids as well as B vitamins, iron, potassium, phosphorous, and fiber.*

*Paprika is a powder made from grinding dried sweet red peppers. Hungarian paprika is thought to be the finest. In Hungary there are 6 types of paprika ranging from delicate to hot.*

*For a meatless Paprikash use strips of seitan or other meat substitute. If you want a little extra tang in this dish, substitute quark or crème fraîche for the sour cream.*