



Did you know that the La Mauricie municipality of Louiseville is nicknamed “Buckwheat Country”? Buckwheat production is a family tradition there, and the *Festival de la galette de sarrasin* takes place in the town every year!

BENEFITS

Whole-grain foods contain important nutrients such as fiber, along with minerals and vitamins.¹ Because of their high fiber content, they help reduce the risk of diseases such as type 2 diabetes, heart disease and stroke.² They also promote healthy digestion, help lower blood cholesterol and provide an extended feeling of fullness.³

Buckwheat is a hardy species that lends itself well to the climate of Quebec’s more northerly regions. It is well-suited to sustainable farming practices because it requires few inputs (fertilizers, pesticides, etc.) and is well-suited to poor, acidic or low-fertility soils. It is also used as green manure to enrich the soil.⁴

GOOD TO KNOW

- You can replace the cheddar with any other firm, grated cheese.
- Don’t have corn? Go all out by replacing it with leftover cooked vegetables (e.g. leeks, sweet potatoes) or by adding more carrots or zucchini.
- For a protein version or for variety, replace the buckwheat flour with legume flour such as Quebec yellow pea flour, for example.
- Can be deliciously accompanied by a poached or fried egg!
- Leftovers? They are excellent when quickly reheated in the oven!! When spread with cream cheese or fauxmage, they make an excellent snack.

BUCKWHEAT AND CORN CROQUETTES



20 MINUTES 20 MINUTES

Servings: approx. 12 small croquettes

INGREDIENTS

- 180 ml (¾ cup) milk (or plain plant-based beverage)
- 2 eggs, beaten
- 125 ml (½ cup) all-purpose flour
- 125 ml (½ cup) buckwheat flour
- 10 ml (2 tsp) baking powder
- 250 ml (1 cup) corn, cooked or thawed
- 1 zucchini and 1 carrot, grated (with skin)
- 125 ml (½ cup) grated cheddar cheese
- 60 ml (¼ cup) chopped green onion
- 15 ml (1 tbsp) olive oil
- Salt and pepper to taste

PREPARATION

1. In a large bowl, whisk together the milk and eggs.
2. Gradually add the flours, ending with the baking powder. Mix until the dough is smooth.
3. Add the corn, zucchini, carrot, cheese and green onion. Season with salt and pepper.
4. In a large skillet, heat the oil over medium heat. Place about ¼ cup (60 ml) of the mixture per croquette. Flatten slightly with a spoon. Cook for about 3 minutes on each side or until the croquettes are golden brown. Add more oil if necessary.

Source: Amélie Parenteau, nutritionist for Équiterre

1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

3. <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>

4. IRÉC. (2023). Research report: *les filières de produits au cœur de l'autonomie alimentaire: analyse et propositions pour une politique bioalimentaire structurante*. P. 66.





OVERNIGHT-OATMEAL STYLE BUCKWHEAT



🕒 15 MINUTES 📅 15 MINUTES + 1 NIGHT SOAKING

Servings: 2 à 3

INGREDIENTS

FOR THE CREAM OF BUCKWHEAT

- 250 ml (1 cup) raw buckwheat seeds
- 500 ml (2 cups) plant-based drink (soy or oat)
- 15 ml (1 tablespoons) peanut or nut butter
- 30 ml (2 tablespoons) maple syrup

FOR THE COMPOTE

- 750 ml (3 cups) small bits of frozen fruit
- 45 ml (3 tablespoons) ground flaxseeds
- 45 ml (3 tablespoons) water

PREPARATION

FOR THE CREAM OF BUCKWHEAT

1. The night before or in the morning, place buckwheat in a bowl of cold water. Soak for 8 hours.
2. Use a fine sieve to thoroughly drain and rinse the soaked buckwheat seeds.

FOR THE COMPOTE

1. Place rinsed buckwheat in blender with other ingredients. Blend until smooth. Use immediately.
2. Place all ingredients in a small saucepan on medium-high heat and stir frequently until fruit is heated through (3-4 minutes).
3. Lower heat to medium-low, stir well and heat for about 5 minutes, until flax seeds gel.
4. Remove from heat. Serve cold or hot.

TO ASSEMBLE

1. Ladle the cream out into bowls or glasses.
2. Top with compote and crunch.
3. Decorate with fresh or frozen fruit and/or nuts or seeds, to taste.

Source: Recipe inspired by Loounie, adapted by Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

Rinsing helps remove the viscous layer that forms during soaking and which, although not harmful, has a certain level of bitterness.

HOW IS IT USED IN THE KITCHEN?

Buckwheat can be used for much more than just cookies! It can be used as a meat substitute in Shepherd's Pie, as an alternative to rice, or even in oatmeal for breakfast (also known as *kasha*).

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With funding from | Avec un financement de

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