



Makes 11 cups
Preparation Time: 40 minutes

INGREDIENTS:

½ of a 12-oz. package soft silken tofu

2 tablespoons unsweetened, unflavored plant-based milk

1 clove garlic, halved

3 tablespoons + 1 teaspoon lemon juice

½ teaspoon onion powder

¾ teaspoon sea salt

¼ teaspoon cracked black pepper

2 cups low-sodium vegetable broth or water

1 cup dry buckwheat groats, rinsed and drained

4 cups thinly sliced fresh chard

1 teaspoon lemon zest

¼ teaspoon freshly ground black pepper

2 15-oz. cans no-salt-added chickpeas, rinsed and drained (3 cups)

1 cup chopped fresh parsley

1 cup finely chopped tomato

1 cup thinly sliced or coarsely shredded radishes

Buckwheat Tabbouleh with Chard, Chickpeas, and Creamy Garlic Dressing

The nutty flavor and chewy texture of buckwheat groats make an excellent substitute for bulgur wheat in this gluten-free tabbouleh, which gets extra heft from canned (or home-cooked) chickpeas. Parsley is more than just a garnish in tabbouleh; it's a key ingredient that brings herbaceous notes to every bite. Finely sliced Swiss chard adds even more green goodness here. Be sure to use both the leaves and stems of the chard for color and crunch. This salad is especially pretty if you use more than one color of chard. Tangy tomatoes, tart lemon juice, and spicy radishes add bright flavor, and a creamy **silken tofu**-garlic dressing ties it all together. This hearty buckwheat tabbouleh is substantial enough to eat as a meal on its own or serve as a side with **falafel**, a chunk of whole grain bread, or grilled veggies.

Tips:

Is tabbouleh gluten-free? Traditionally, tabbouleh is made with bulgur wheat and is not gluten-free; however, this buckwheat tabbouleh is made from buckwheat groats, which are naturally gluten-free.

For more inspiration, check out these tasty ideas:

- [Roasted Eggplant and Buckwheat Groats Fattoush](#)
- [Roasted Buckwheat Salad](#)
- [Spinach Tabbouleh Salad with Watermelon Radish](#)
- [Bulgur-Bean Salad with Tomato Vinaigrette](#)

By Ellen Boeke

- 1 To make creamy garlic dressing, in a small blender or food processor combine tofu, plant-based milk, garlic, 1 teaspoon lemon juice, the onion powder, ¼ teaspoon sea salt, and the cracked black pepper.
- 2 In a medium saucepan bring broth to boiling; stir in buckwheat. Reduce heat. Cover and simmer 20 minutes or until tender and liquid is absorbed. Let cool.
- 3 Meanwhile, in a large bowl combine chard, 1 tablespoon of the lemon juice, the lemon zest, the remaining ½ teaspoon of salt, and the freshly ground black pepper. With clean hands, massage and rub chard 1 minute or until glossy and slightly tender.
- 4 Add buckwheat, chickpeas, parsley, tomato, radishes, and the remaining 2 tablespoons lemon juice to bowl with chard. Toss to combine. Drizzle with creamy garlic dressing.