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Recipes

For Doctors Only

doctor caplin's phenomenal kasha casserole

serves 4

ingredients:

- 2 cups water
- 1 cup kasha
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 4 mushrooms, chopped
- 4 tablespoons olive oil
- 1 tablespoon parsley, finely chopped

Saute chopped onions and chopped mushrooms in olive oil for 2 minutes. Add water and bring to a boil. In a separate saucepan, heat kasha for 2 minutes until toasted. Then add to saucepan. Bring to a boil, cover and cook on medium heat 12 minutes. Sprinkle with parsley and serve.

