

# Buckwheat: curiosity and nutr lipidomic recipe

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## **NUTRI-lipidomics** Molecular nutrition and healthy diet

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## Properties and benefits of buckwheat

Buckwheat (*Fagopyrum esculentum*) is a “grain noble” that belongs to the Polygonaceae family, and therefore belong to the group of so-called pseudo cereals.

Here below, some of its features:

- High proteic biological value
- Rich in micronutrients
- Phenolic antioxidant content
- Good presence of soluble and insoluble fibers
- Low glycemic index
- Naturally gluten-free

## Curiosity about the noble grain of the Italian tradition

Introduced in Italy in the Middle Ages, remains an ingredient in traditional recipes, especially in Valtellina (with the typical pasta called “pizzoccheri”), or in the form of flour (e.g. polenta taragna). It is present in the vegetarian, vegan and macrobiotic diet and is appreciated by an increasing proportion of consumers who intend to follow diet “gluten free” with healthy foods.

Please note that those who suffer from celiac disease, should choose a buckwheat and its derivatives that are certified by the absence of gluten contamination.

## Spring pizzoccheri

A simple dish for a healthy and balanced meal.

### Ingredients (for 2 people)

- 160 g pizzoccheri or other buckwheat noodles
- 200 g green beans
- 1 carrot
- 100 g ricotta only serum (cow or goat)
- 2 tablespoons extra virgin olive oil
- 2 teaspoons sesame seeds (optional)
- 1 teaspoon sea salt

### Preparation

Put the beans in a saucepan with cold salted water. Bring to boil, add the pasta (pizzoccheri) and carrot cut into rounds; keep in mind that the beans need 15-20 minutes of cooking.



Drain thoroughly and store it in the same pan, add the ricotta, olive oil and sesame seeds.

Heat to combine ingredients and serve.

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*The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.*

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