

Goodness **grains**

Build nutritious, fiber-filled meals with amazing heirloom grains

Warm Millet Salad with Sun-Dried Tomatoes

Serves 8 | Staff favorite, Gluten free, Vegan

The key to fluffy millet is to toast it well before adding a liquid. Rinsing after toasting removes bitter compounds from the grains' exterior.

1 cup dry, uncooked millet
2¼ cups water
¼ teaspoon sea salt, plus more to taste
4 tablespoons extra-virgin olive oil, divided
½ cup pine nuts
2 tablespoons fresh lemon juice
1 tablespoon balsamic vinegar
1 clove garlic, minced
⅔ cup oil-packed sun-dried tomatoes, thinly sliced
⅓ cup kalamata olives, pitted and sliced
½ cup finely chopped fresh parsley

1. Place dry millet in a medium saucepan over medium heat. Dry-toast, stirring constantly, 10–15 minutes, or until slightly darker and aromatic. Transfer carefully (it's hot!) to a fine wire-mesh strainer and rinse under cool, running water until runoff is clear. Return to saucepan and carefully add water, ¼ teaspoon

sea salt, and 1 tablespoon olive oil. Bring to a boil, reduce heat, cover, and simmer 25–30 minutes, or until all water is absorbed. Remove from heat and let rest 5–10 minutes.

2. Dry-toast pine nuts in a skillet over medium heat until golden, stirring constantly, 3–5 minutes. Transfer to a large bowl. In a small bowl, whisk together remaining 3 tablespoons olive oil, lemon juice, vinegar, garlic, and salt and pepper to taste.

3. Fluff cooked millet and add to pine nuts. Add dressing, tomatoes, olives, and parsley; toss until combined. Season with salt and pepper. —Lisa Turner

PER SERVING: 235 cal, 13g fat (7g mono, 4g poly, 2g sat), 0mg chol, 5g protein, 23g carb, 3g fiber, 241mg sodium ↗

BRAD BARTHOLOMEW; FOOD STYLIST: ERICA MCNEISH; STYLIST: MACKINZIE WILLBANKS

