

## Recipe – Millet Salad

### Ingredients:

- 1 cup millet
- 2 cups water
- 1 TBS olive oil
- dash of salt
- one small head bok choy
- 3 stalks celery
- one cup lentil sprouts
- ¼ cup minced red onion
- 1 red pepper, diced
- 1 cup almonds, coarsely chopped
- handful of cilantro, chopped

### Vinaigrette:

- ¼ cup balsamic vinegar
- ½ olive oil
- 1 clove garlic
- ½ tsp salt
- juice and zest of 1 lime
- 2 drops stevia

### Directions:

Whisk together the vinaigrette ingredients.

Place the millet in a sieve and rinse very well under cold water.

Place in a pot with 2 cups water, olive oil and salt. Bring to a simmer and cover. At about 15 minutes, check for doneness. Grains should be firm, not mushy.

Drain, rinse, and cool.

Combine salad ingredients and toss with dressing.