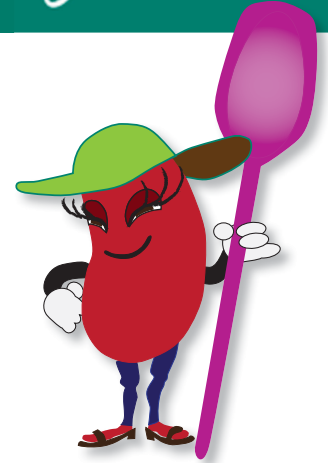


Beans, Rice And Everything Nice



Millet Tabouleh

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1 cup millet
(I used Bob's Red Mill GF millet)
zest of 1 lemon
juice of 2 lemons divided
(approximately 1/3 cup each lemon)
2 cups water
1/2 teaspoon garlic powder
1 cup cucumber
(about 1/2 a medium cucumber)
chopped
20 grape or cherry tomatoes,
quartered
3 - 6 green onions, sliced
1 cup minced fresh parsley
(about 1/2 a bunch)
1/4 cup minced fresh mint leaves
(about 4 sprigs leaves removed)
2 cups cooked or
1 can of chick peas

1. Wash, dry, and grate the lemon rind. Be careful to avoid the bitter white pith under the peel. Then juice the same lemon. Add the lemon juice, lemon zest and two cups of water to a pot on the stove. Bring to a boil over medium-high heat.
2. While waiting for the water to boil, measure and rinse the millet. When the water boils, add the millet, stir briefly, turn the heat down to low-medium and allow to simmer for 25 minutes. When cooked turn off the heat, and allow the millet to sit for 10 minutes before lifting the lid and stirring. Set aside to cool to room temperature.
3. While waiting for the millet to cool, chop the cucumber, quarter the tomatoes, and slice the green onions. Measure the cooked chick peas, or drain and rinse the canned chick peas, if using. Add all the ingredients to a large bowl.
4. Wash the parsley and mint, and shake to dry. Remove any large parsley stems and cut off the last inch of the rest of the stems before chopping. About 1/2 an average bunch of parsley should give you about 1 cup minced up. You can always add more if you prefer. Remove the mint leaves from the stems and pile them up on the cutting board. Cut into ribbons and then cut the ribbons into smaller pieces. Add to the bowl with the rest of the salad veggies.
5. When the millet has cooled, add it to the salad bowl. Mix well to combine all the ingredients. Juice the other lemon. Sprinkle the salad with 1/2 teaspoon garlic powder and pour the remaining lemon juice over the top. Mix well to combine once more before serving.