

Millet, Corn and Black Bean Salad with Lime Dressing



Preparation Time: 5 minutes

Cook Time: 20 minutes

Servings: 10 to 12

Ingredients:

1 cup millet

2-1/4 cups water

1 can (15 ounces) corn, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

1 cup grape or cherry tomatoes, halved

6 green onions, sliced

1 avocado, pitted, peeled, and diced

1/4 cup finely chopped cilantro

1 teaspoon cumin

2 limes, juiced

1/4 cup olive oil

1/4 cup vegetable oil

Salt and pepper, to taste

Description:

Add the millet to a large heavy saucepan and toast over moderate heat for about 4 minutes, stirring. Pour in the water; stir. Bring to a simmer; cover and simmer for about 15 to 17 minutes or until the millet fluffs and water is absorbed. Let stand 10 minutes, undisturbed. Transfer to a large bowl and cool completely. Add corn, black beans, tomatoes, green onions, avocado, and cilantro to the millet; stir gently.

Blend cumin, lime juice, and oils in a measuring cup. Season with salt and pepper, to taste. Toss the millet mixture with the dressing.

Sara's Tip: This simple grain dish can be served at room temperature. Leftovers reheat nicely the next day and make a super side dish.