millet & Quinoa

- 2 cups dry millet
- ¼ cup dry quinoa
- 4 ½ cups water
- Pinch of salt (optional)

1. Put millet, quinoa, water, and salt (if using) in a pot or rice cooker.

2. Over medium-high heat, bring to a boil, then reduce heat to low, cover pot, and allow to simmer until all the water has been absorbed by the grain - 15 to 20 minutes.

3. Remove the pot from the heat and let stand for 5 minutes, covered. Don’t peek!

4. Remove the lid and use a fork to gently fluff the grain.

5. EAT! (delicious served under greens...)

VARIATIONS:
* Stir in 2 tablespoons of butter or coconut oil during Step 4, when fluffing.
* Substitute some or all of the water for stock in Step 1.
* Toast the dry millet in a pan on the stove over medium heat for 5 minutes, or until golden-brown and fragrant, before adding the quinoa + water.