

Quinoa – makes 3 cups cooked quinoa

1 cup quinoa

2 cups water

- Rinse quinoa well with cool water in a fine mesh strainer.
- Combine quinoa and water in a saucepan. Cover and bring to a boil.
- Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.
- Remove from heat and let stand for 5 minutes covered; fluff with a fork.
- Season as you like. You can sauté 1 chopped onion and 1 clove garlic in 1 Tb olive oil. Add half the quinoa Celtic sea salt and pepper.

Millet makes 3 ½ - 4 cups cooked millet

1 cups millet

2 cups water or stock

Pinch of sea salt

- Rinse millet with cool water in a strainer and place in a sauté pan over medium heat. Gently stir the millet until it starts to give off a nutty aroma and the grains start jumping around. Be sure it doesn't burn. If it starts to burn remove it from the heat and stir, return to the heat on a lower flame. The reason we toast the millet is so the outside of the grain will not turn to mush before the insides cook enough to lose their crunch
- Add the 2 cups of boiling water or stock and salt.
- Return to a boil, reduce heat and cover the pot.
- Simmer for 25-30 minutes until all the liquid has been absorbed.
- Turn off heat and let stand covered for 5 minutes.