

HEALTHY HOLIDAY PILAF

INGREDIENTS

¾ CUP UNCOOKED MILLET
2 CUPS WATER
1 ½ TEASPOON SEA SALT
4 TEASPOON OLIVE OIL
1 LARGE SWEET POTATO
¾ CUP SCALLIONS SLICED SMALL
1 TEASPOON GARAM MASALA
2 TEASPOON THYME (FRESH)
¼ TEASPOON BLACK PEPPER
¼ CUP DRIED CRANBERRIES

PREPARATION

HEAT A LARGE NONSTICK SKILLET OVER MEDIUM HEAT. ADD MILLET; COOK, STIRRING FREQUENTLY, UNTIL MILLET LOOKS AND SMELLS TOASTED, ABOUT 4 MINUTES.

TRANSFER MILLET TO A MEDIUM SAUCEPAN. ADD WATER AND 1 TEASPOON SALT; BRING TO A BOIL. REDUCE HEAT TO LOW, SIMMER AND COOK UNTIL MILLET IS TENDER, ABOUT 20 TO 25 MINUTES.

MEANWHILE, HEAT 2 TEASPOONS OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. ADD POTATOES; COOK, STIRRING FREQUENTLY, UNTIL TENDER AND LIGHTLY BROWED, ABOUT 5 MINUTES. STIR IN SCALLIONS, THYME, REMAINING ½ TEASPOON SALT AND ¼ TEASPOON PEPPER, COOK, STIRRING UNTIL SCALLIONS SOFTEN, ABOUT 1 MINUTE.

WHEN MILLET IS FINISHED COOKING; REMOVE FROM HEAT AND STIR IN CRANBERRIES; COVER AND LET STAND 5 MINUTES. ADD MILLET AND CRANBERRIES AND GARAM MASALA TO SKILLET WITH POTATO MIXTURE; STIR. ADD REMAINING 2 TEASPOONS OIL AND TOSS TO MIX AND COAT. YIELDS ABOUT ¾ OF A CUP PER SERVING.

(YOU CAN FIND MILLET IN HEALTH FOOD STORE SUCH AS CHAMBERLINS OR WHOLE FOODS)