

Sugar Snap-Millet Salad (“366 Delicious Ways to Cook Rice, Beans and Grains” Andrea Chesman)

Yield:4-6 servings

A great way to enjoy fresh sugar snap peas. If you don't grow your own or have a ready source, substitute snow peas.

3 ½ cups cooked millet (1 cup uncooked)
½ red bell pepper, diced
2 scallions, diced
1 ½ cups fresh sugar snap peas
1 medium tomato, chopped
2 Tbsp capers
2 Tbsp chopped fresh basil
1/2 cup nonfat buttermilk
2 Tbsp extra-virgin olive oil
2 Tbsp freshly squeezed lemon juice
salt and freshly ground black pepper

In a large salad bowl, combine the millet with the bell pepper, scallions, peas, tomato, capers and basil. Toss well.

In a separate bowl, combine the buttermilk, olive oil and lemon juice and blend well. Pour over the salad. Add salt and pepper to tasted. Taste and adjust seasonings. Serve at once.