



Simple | Healthy | Delicious

Three-Grain Vegetable and Feta Salad

INGREDIENTS

Three-Grain Base

2 cups vegetable broth
2 cups water
1 tablespoon olive oil
¼ teaspoon sea salt
½ cup millet
½ cup Nature's Earthly Choice Quinoa
½ cup Nature's Earthly Choice Sorghum

Grilled Vegetables

2 red peppers
1 onion
2 ears of sweet corn
2 tablespoons butter, softened
½ teaspoon black pepper
2 teaspoons smoked paprika

Salad

4 ounces feta crumbles
¼ cup minced cilantro
3 tablespoons olive oil
2 tablespoons lime juice
¼ teaspoon salt
¼ teaspoon black pepper
2 teaspoons honey
Lime wedges



DIRECTIONS:

1. In a pot, bring water and vegetable broth to boil with a pinch of salt and olive oil. Stir in Sorghum, reduce heat to low, cover, and let cook for 30 minutes. Stir in quinoa and millet, cover, and continue cooking for another 15 minutes, until water has been mostly absorbed. Test the grains and if they are still chewy, add ¼ cup of water and cook for another 1-2 minutes repeating until the grains are almost tender and still a bit of moisture left in the pot. Remove from heat and allow to rest, covered, for 10 minutes. Light grill to medium-low heat. Cut sides off the pepper and onion into ¼" slices. Shuck the corn and remove any silk still attached. Rub each ear of corn with 1 tablespoon of butter and sprinkle evenly with black pepper and smoked paprika. Grill, turning vegetables occasionally, until charred on all sides. Remove and let corn cook slightly. Carefully remove kernels from cob. In a large bowl, combine cooked grains, grilled vegetables, feta and cilantro. Combine olive oil, lime juice, salt, pepper, and honey in a small jar with lid. Shake well and pour over salad. Toss until everything is combined and well coated. Serve with extra lime wedges if desired.