

Mediterranean Millet and Chickpeas

Number of Servings: 2

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

3/4 cup millet

2 1/2 cups water

1 can chickpeas

4 stalks celery

Cook for 11 minutes on high pressure, sit for 5 minutes.

1 tomato chopped

3 green onions chopped

lemon tahini dressing

1/4 cup tahini

juice of 1 lemon

1 tbsp sesame oil

water

chopped cilantro

salt & pepper

1 tbsp maple syrup

ideas for next time:

green beans??

red pepper ??

kale??

onion & garlic cooked in pressure cooker

Instructions