

Millet with Currants and Turmeric

Gluten-free millet replaces traditional wheat couscous in this healthy side. Turmeric, a potent anti-inflammatory spice, provides the luxurious, golden hue.

INGREDIENTS

- 1 Tbsp (15 mL) extra-virgin olive oil
- 1 cup (250 mL) millet
- 2 tsp (10 mL) ground turmeric
- 1/2 tsp (2 mL) sea salt
- 1/4 cup (60 mL) dried currants
- 1/2 cup (125 mL) chopped fresh cilantro

PREPARATION

In medium saucepan, heat oil over medium-high heat. Add millet and toast, stirring, for 2 minutes. Add 2 cups (500 mL) water, turmeric, and salt. Bring to a boil, reduce to a simmer, cover, and cook for 25 minutes. Remove from heat, keep covered, and let stand for 5 minutes. Fluff with fork and incorporate currants and cilantro. Serve warm, at room temperature, or chilled.

Serves 4.

Each serving contains: 251 calories; 6 g protein; 6 g total fat (1 g sat. fat, 0 g trans fat); 44 g total carbohydrates (6 g sugars, 5 g fibre); 301 mg sodium

source: "[Trace the Spice Route](#)", *alive* #391, May 2015