



Recipes

Grains

Quinoa and Millet with Hijiki

Prep Time: 2 minutes

Cooking Time: 30 minutes

Yield: 6 servings

Ingredients:

1/2 cup quinoa
1/2 cup millet
1/4 cup dry hijiki
2¼ cups water
1 pinch sea salt

Directions:

1. Wash grains and hijiki.
2. Bring water and salt to boil, then add grains and hijiki.
3. Reduce heat to low and simmer covered for 20 minutes, or until grains are cooked and water is absorbed.
4. Remove from heat, mix gently and let sit covered for 10 minutes.

Variations:

Experiment by pairing different grains together. Try any combination of brown rice, kamut, wheat berries, rye berries etc.