

Herby Lemon Chickpea and Millet Salad



This millet and chickpea salad is a little gem of simplicity and flavor! Quick to prepare, it requires only a few ingredients, but is full of fiber and freshness thanks to the herbs and lemon. The millet provides a light and nourishing base, while the feta and olive oil add a flavorful touch. Perfect for a quick lunch or a light meal, this recipe goes wonderfully with a slice of toast or raw vegetables. A colorful and balanced dish in no time!

Preparation 10 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 280

Fat 9

Carbohydrates 40

Fibre 7

Protein 10

Sodium 690

Ingredients

- 160 ml (? cup) water
- 60 g (? cup) millet, dry
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 250 ml (1 cup) fresh herbs of choice, roughly chopped

- 60 ml (¼ cup) red onion, diced
- 30 ml (2 tbsp) lemon juice (juice of ½ lemon)
- 15 ml (1 tbsp) extra virgin olive oil
- 3-4 cloves garlic, minced
- 1.25 ml (¼ tsp) salt
- Pepper, to taste

Preparation

1. In a small pot, bring the water and millet to a boil. Reduce the heat to low, cover, and cook for 15 minutes or until soft and fluffy.
2. In a large bowl, mix the cooked millet with the other ingredients. Toss until well combined.
3. Serve warm or cooled.

Notes

Keeps refrigerated in an airtight container for up to 4 days.



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