

# Millet Salad with Avocado & Citrus



## Ingredients

- 1-3/4 cups millet
- 3/4 tsp. salt + more for seasoning, as needed
- 1/2 cup plus 1 Tbs. extra-virgin olive oil
- 3 Tbs. grapefruit juice
- 3 Tbs. white wine vinegar
- 2 tsp. honey
- Freshly ground black pepper
- 3/4 cup diced avocado
- 3/4 cup oranges segments, cut into pieces if large
- 3/4 cup grapefruit segments, cut into pieces if large
- 3/4 cup diced red onion
- 1/4 cup chopped fresh mint

## Directions

Rinse the millet under cold water and drain. Bring 7 cups of water to a boil in a 4-quart pot over high heat. Add 3/4 tsp. salt. Add the millet, reduce the heat to a simmer, and cook uncovered, stirring occasionally and adding more water as needed to keep the millet covered, until tender (~15 to 20 minutes). Drain and rinse the millet with cold water to stop the cooking. Transfer the millet to a foil-lined rimmed baking sheet, drizzle with 1 Tbs. of the oil, and toss lightly to coat and cool in the refrigerator. Put the vinegar and grapefruit juice in a small bowl and gradually whisk in the remaining 1/2 cup of oil. Whisk in the honey. Taste and season with salt, pepper, and additional vinegar, juice, or oil as needed. Put the cooked and cooled millet in a large serving bowl and toss to break up any clumps. Add the avocado, orange segments, grapefruit segment, red onion, mint, and 1/2 cup vinaigrette and toss. Taste and season as needed with more vinaigrette, salt, pepper, and serve.

Get more recipes at

[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)