

## Spring Carrot Sauté with olives, garlic, and millet

The golden hue of this millet caught my eye, and with some advice from Maria Speck's wonderful cookbook [Ancient Grains for Modern Meals](#), I learned how easy it is to cook. (Look for millet in the bulk bins at natural foods stores.) I used it here as a bed for garlicky sauteed carrots. The next day, I splashed broth over the leftovers, simmered it anew, and added a few shrimp for a speedy second meal.

Makes 4 servings

1 cup (dry) millet  
3 tablespoons olive oil, plus more for drizzling  
3 cloves garlic, peeled & smashed  
1 pound slender spring carrots, scrubbed, halved lengthwise  
1/4 cup pitted calamata olives, slivered  
1/2 cup (packed) flat-leaf parsley  
Salt and pepper, to taste  
Optional add-ins/stir-throughs: cooked shrimp, cooked beans or lentils, peas, any leftover vegetables

First, cook the millet. Combine the millet with 1-3/4 cups cold water in a small saucepan, bring to a boil, then reduce heat, cover, and simmer until tender, 15 to 20 minutes. Remove from the heat. Keep covered.

Meanwhile, combine the 3 tablespoons olive oil with the garlic in a large skillet. Set over medium low-heat and allow to warm slowly, becoming fragrant, 5 to 10 minutes. Add the carrots and olives, crank the heat a bit, and saute until the carrots are tender but not mushy, 8 to 10 minutes, tossing frequently. (Cook time will vary based on the carrots' freshness and thickness.)

Scrape the cooked millet into the carrots and give everything a good toss. Sprinkle with the parsley, drizzle generously with additional olive oil, and adjust the seasonings to taste. (Add optional stir-throughs, if desired.)

To re-warm leftovers, moisten first with a bit of vegetable broth, then simmer gently.

