

Millet and Chick-pea Salad

4 cups cooked millet

1 cup cooked chick-peas

1/2 cup raw onion, minced

1/2 cup green peas, boiled until tender

1/4 cup carrot, diced and blanched 1 minute

1 Tbsp. burdock, finely chopped and boiled 2-3 minutes

1/2 cup sweet corn, removed from cob and blanched 1-2 minutes

Umeboshi-tahini dressing

1 Tbsp. chopped parsley, scallions, or chives for garnish

Place the millet, chick-peas, onion, peas, carrot, burdock, and sweet corn in a bowl. Mix well. Just before serving, mix in umeboshi-tahini dressing and garnish with chopped parsley, scallions, or chives.

See "umeboshi-tahini dressing" on next page.

Umeboshi-Tahini Dressing

2–3 umeboshi plums, pits removed

2–3 Tbsp. organic, roasted tahini

1 tsp. grated onion

1 Tbsp. chopped scallion, chives, or parsley

3/4 cup water. Puree the umeboshi plums in a suribachi until smooth. Add the tahini and puree again. Add remaining ingredients and puree until smooth and creamy.