

## Millet Pilaf

Millet helps to cool and detoxify the liver. Green beans, lentils and chicken are generally beneficial to the liver and help to move qi.

1 cup millet  
2 ½ cups water  
1 tsp. turmeric  
2 tsp. cumin  
¼ tsp. black pepper  
½ cup lentils  
1 cup sliced fresh green beans  
1 thinly sliced raw chicken breast  
salt to taste

Combine millet, water, turmeric, cumin, pepper, and lentils in a medium saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 40 minutes or until the water is mostly absorbed and the lentils are tender. Add more water if needed to avoid scorching the pan.

When the lentils are tender, add the green beans, chicken and salt. Stir well, cover and simmer for an additional 5-10 minutes until the chicken is cooked through and the green beans are still bright green but tender.

Adjust seasonings to your taste, and enjoy.

This makes 3 large or 4 moderate servings.