

## Nutrition Notes: Millet Medley

### About Millet

Organic millet is a food source of complete protein (one of the sensational seven) containing all 9 essential amino acids (EAAs). Millet can be Pennisetum glaucum (pearl), Eleusine coracana (red or finger), Setaria italic (foxtail) or Penicum miliaceum (white proso).

### Preparation for One Person (2 servings or 2 portions)

Allow 2 servings per person since most people consume that amount in a meal. Multiply the recipe for the number of people being served. These foods count as both protein and carbohydrate. Keep the carbohydrate property of the millet and the vegetables in mind when planning which other foods to prepare for the same meal.

### Millet Medley (counts as 2 protein, 3 carbohydrate, 4 vegetable)

1/2 cup or 125 ml millet

1-1/2 cups or 375 ml water

pinch of sea salt

1 teaspoon or 5 ml virgin olive oil or coconut oil

1/4 cup or 65 ml finely chopped onion (cooking, Spanish or red)

1/2 cup or 125 ml thinly sliced celery

1/2 cup or 125 ml shredded or thinly sliced carrot

1/2 cup or 125 ml diced bell pepper (red, green, orange or yellow)

1/4 cup or 125 ml fresh minced parsley (curly or flat)

### Optional flavourings:

1/4 teaspoon or 2.5 ml dried red pepper flakes

1/4 teaspoon or 2.5 ml ground black pepper

1/4c cup or 125 ml parmesan or extra old cheddar

1 tablespoon or 15 ml sunflower or pumpkin/squash seeds

Add oil and vegetables to pot. Saute for 5 minutes until onions soften. Add the millet, water, vegetables and seasonings, everything except the cheese.

Bring to a boil, reduce heat and simmer for 12-15 minutes. Remove from heat. Let stand for 5 minutes. Fluff with a fork. Stir in the cheese. Some people prefer adding the parsley at the end with the cheese. Sprinkle with sunflower or pumpkin/squash seeds for extra crunch. Serve alone or with a dark green leafy salad.

This will make about 1-3/4 cups or 440 ml cooked millet. Adding more water or cooking it longer tends to make it mushy and it loses the texture of individual grains. This recipe is also good cold for lunch. It also tastes great stuffed into half a small squash and baked or microwaved, cook the squash first, stuff with millet medley and reheat to serve. The squash has to be counted as a carbohydrate.

### Alterations

♥If you are following an anti-inflammatory diet, eliminate the bell pepper and substitute any other non-starchy vegetable that you like.

♥If you are following a dairy free diet, eliminate the cheese.