

Joy of Living Cooking School

March 2024 – Mighty Millet

Millet Salad (Tabbouleh) (6 servings)

1 cup Hulled Millet
2 cups Water
2 Garlic Cloves, minced
1 teaspoon Ground Cardamom
1 tablespoon Ground Coriander
1 bunch Italian Parsley, chopped
1 bunch Mint, chopped
1 bunch Green Onions, chopped
1 English Cucumber, chopped
1/2 cup Diced Tomatoes
Zest from 2 lemons
Juice from 2 lemons
2 tablespoons Liquid Aminos



| Nutrition Facts | |
|--------------------------|----------------|
| Servings: 6 | |
| Amount per serving | |
| Calories | 138 |
| | % Daily Value* |
| Total Fat 1.8g | 2% |
| Saturated Fat 0.2g | 1% |
| Cholesterol 0mg | 0% |
| Sodium 187mg | 8% |
| Total Carbohydrate 29.8g | 11% |
| Dietary Fiber 8.2g | 29% |
| Total Sugars 1.1g | |
| Protein 6.2g | |
| Vitamin D 0mcg | 0% |
| Calcium 190mg | 15% |
| Iron 8mg | 35% |
| Potassium 560mg | 12% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat a skillet over medium-high heat. Rinse the millet under cool running water and strain. Add the millet to the skillet. Stir the millet frequently until it develops a light golden color, and a slight nutty fragrance develops. Add the water and bring to a simmer over medium-high heat. Reduce heat to low, cover with a tight-fitting lid, and cook for 15 minutes. Remove from the heat, stir in the garlic, and allow to stand for 10 minutes more. Fluff with a fork.

In a mixing bowl combine the cooked millet and the remaining ingredients. Allow to rest at room temperature for at least 30 minutes.

Serve at room temperature.

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Millet Cakes (6 servings)

- 1/2 cup Hulled Millet
- 1-1/2 cups Vegetable Broth (low sodium)
- 1/2 small Onion, finely diced
- 1 small Carrot, finely diced
- 1/2 cup Baby Spinach, chopped
- 1 Garlic Clove, minced
- 1 teaspoon Paprika
- 1 teaspoon Ground Cumin
- 1 tablespoon Nutritional Yeast
- 1 tablespoon Liquid Aminos
- 2 tablespoons Ground Flax Seed
- 3 tablespoons Oat Milk (unflavored)



| Nutrition Facts | |
|--------------------------|------------|
| Servings: 6 | |
| Amount per serving | |
| Calories | 385 |
| % Daily Value* | |
| Total Fat 17.9g | 23% |
| Saturated Fat 2.2g | 11% |
| Cholesterol 0mg | 0% |
| Sodium 225mg | 10% |
| Total Carbohydrate 41.9g | 15% |
| Dietary Fiber 22.1g | 79% |
| Total Sugars 7.8g | |
| Protein 20.1g | |
| Vitamin D 21mcg | 104% |
| Calcium 294mg | 23% |
| Iron 28mg | 155% |
| Potassium 1419mg | 30% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Rinse the millet under cool running water and strain. Add to a medium pot. Stir in the vegetable broth. Bring to a simmer over medium-high heat. Reduce heat to low, cover with a tight-fitting lid, and cook for 20 minutes. Remove from the heat and allow to stand for 10 minutes more. Fluff with a fork and set aside.

Preheat a skillet over medium-high heat. Add the onions and carrots. Stir frequently until the carrots are softened, about 3-5 minutes. Add water as needed to prevent sticking. Add the spinach and cook until the spinach is wilted and dark green. Add the garlic, paprika, and cumin. Cook for 30 seconds until the garlic and spices are fragrant.

In a mixing bowl combine the cooked millet, cooked vegetables, nutritional yeast, liquid aminos, flax seed, and oat milk. Mix thoroughly until combined. Refrigerate for 30 minutes.

Preheat the oven to 350° F.

Line a baking sheet with parchment paper. Divide the rested millet mixture into 6 patties. Place on the baking sheet, being sure to keep them from touching. Bake until golden brown (15-20 minutes).

Serve warm.