

BROWN BUTTER ROASTED VEGGIES WITH MILLET "POLENTA"

Try this roasting method with any of your favorite seasonal vegetables! In this recipe, the butter browns into a nutty glaze, cooking up tender vegetables with caramelized edges. Serve over the polenta for a vegetarian entrée or just as side dish. If you have leftovers, toss them with pasta or whip into a creamy soup. Read more about millet and polenta on the back side and check out the additional handout for more vegetable roasting tips!



Photo courtesy of NYT Cooking

Ingredients

- 2 medium sweet potatoes
- 2 medium parsnips
- 2 golden beets
- 1 stick (1/2 cup) butter + 1 Tablespoon butter
- 1 cup millet
- 1/4 cup Parmesan cheese, optional

From your pantry

- Olive oil
- Salt & pepper

Equipment:

- Large pot
- Baking sheet

PREPARATION: 10 MIN

COOKING: 50 MIN

READY IN: 60 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. Preheat oven to 400 degrees*

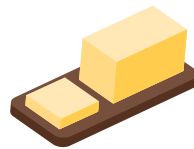
1. Melt **1/2 cup (1 stick) of butter** in a large bowl. Trim and cut the sweet **potatoes, parsnips, and beets** into 1/2 inch pieces. Add vegetables to bowl, season with salt and pepper, and toss to coat.
2. Spread the vegetables on the baking sheet—so they're not touching too much. Roast for 20 minutes, then shake the pan and stir. Roast until the vegetables are tender and browned around the edges (20-30 mins).
3. Prepare millet polenta: In a large pot over high heat, add the **millet** (dry). Toast, stirring or shaking the pan until the grains begin to pop and smell toasty. Stir in **4 cups water** and a pinch of salt. Bring to a boil then reduce the heat to low. Cover and cook, stirring once or twice, for about 20 minutes. Then remove the lid and stir in **1 Tablespoon butter**.
4. Cook millet another 10 minutes uncovered, stirring often to keep the grains from sticking to the bottom, until the mixture is soft and thick and the liquid has been absorbed. Remove from heat, cover, and let stand 10 minutes. Then stir and season to taste with salt and pepper.
5. Remove vegetables from oven, season to taste, and add Parmesan cheese if desired. Spoon millet "polenta" into bowls or plates and top with butter-roasted vegetables. Enjoy!

Tips, Tricks, and Terms

PASS THE BUTTER!

You might have heard that fats like butter are unhealthy and artery-clogging. In fact, fat is a nutrient that your body needs to help absorb nutrients, boost energy, and maintain a healthy heart. In moderation, natural fats like butter are a better choice than manufactured fats or sugars hidden in packaged and processed foods, like salad dressings, bottled sauces, or crackers.

Other good for you fats include olive oil, avocados, and nuts. Incorporate them in moderation into a balanced, plant forward diet!



A little about...



POLENTA: a dish of boiled cornmeal that was historically made with other grains as well, can be served hot or allowed to cool and solidify into a loaf that can be baked, fried, or grilled

MILLET: here we take a traditional cornmeal polenta preparation and make it with budget friendly, interesting millet! Millet cooked like polenta will set up the same way, so save leftovers for the next day and try frying slices in a little oil and serving with veggies and an egg!

GROWER SPOTLIGHT

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