

# MILLET POWER BOWL WITH SPICED CARROTS

Millet is an ancient seed originally from Africa and Northern China and remains a staple in diets around the world. The seed is high in iron, B vitamins, and calcium. These little yellow seeds are versatile, with a mild corn flavor and quick cooking time! Here we pair it with fresh summer produce and a quick dressing for a filling, light, and delicious meal!

## Ingredients

- 1 cup millet
- 2 medium tomatoes
- 3 ears of corn
- 1 bunch green onions
- 2 cups leafy greens (spinach, kale, lettuce, etc.)
- 2 garlic cloves
- 2 cans kidney beans
- 1/3 cup freshly squeezed lemon juice

From your pantry:

- 1 cup olive oil
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper

### Equipment:

- Large saucepan

**PREPARATION: 15 MIN**

**COOKING: 15 MIN**

**READY IN: 30 MIN**

**MAKES 6 SERVINGS**



## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce.*

1. **Prepare millet:** In a large, *dry* saucepan, toast raw **millet** over medium heat for 4–5 minutes or until golden brown and fragrant. Add 2 cups water and a sprinkle of salt and then stir. Bring the liquid to a boil then decrease heat and cover the pot. Simmer about 15 mins, until the grains absorb most of the water. Remove from heat and allow to sit, covered, for about 10 minutes.

2. Dice **tomatoes**. Slice **corn** kernels off the cob. Thinly slice **green onions**. Tear **leafy greens** into bite size pieces. Mince **garlic**. Drain and rinse **kidney beans**.

3. Add **olive oil, lemon juice, minced garlic, cumin, salt and pepper** to a small bowl or mason jar and shake or whisk until combined.

4. Place cooked millet into bottom of bowls. Pour half the dressing over the millet. Then place tomatoes, corn, scallions, kidney beans, and greens on top. Drizzle with remaining dressing. Serve with Spiced Carrots from other side of this recipe card. Enjoy!

# Tips, Tricks, and Terms

## Spiced Carrots

- 1 lb carrots
- Olive oil
- Salt and pepper
- 1 Tablespoon Roasting Spices

Heat oven to 400 degrees. Remove greens from carrots and cut into 1-inch pieces. Toss with a drizzle of olive oil, a pinch of salt and pepper, and the Roasting Spices. Place on baking pan and roast for 20 minutes or until tender.

Not tryin' to use the oven? Heat olive oil in a pan over medium-high heat. When hot, add sliced carrots and sprinkle with salt, pepper, and Roasting Spices. Saute 8-10 mins or until tender.

## A little about...

**KIDNEY BEANS:** a great plant-based protein packed with fiber.

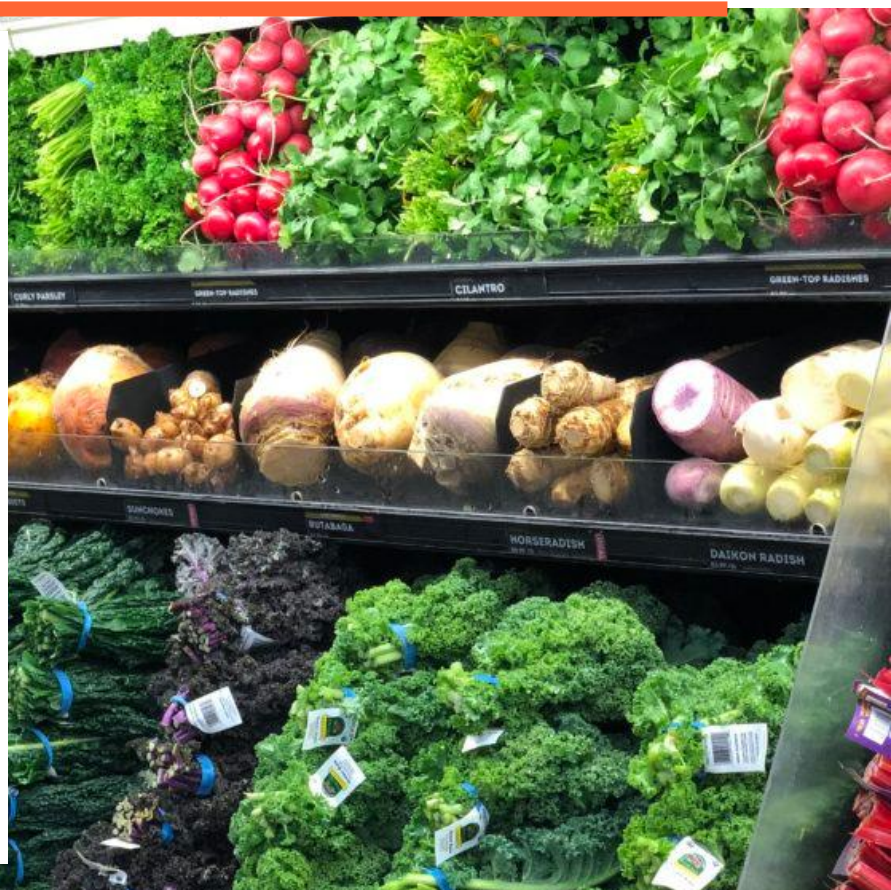
**ROAST:** A cooking method where hot air covers the food, cooking it evenly on all sides. Roasting caramelizes the natural sugars in vegetables, which results in a delicious depth of flavor!

**OLIVE OIL:** oil made by pressing the fruit of the olive tree, rich in antioxidants and monounsaturated fats which can help reduce inflammation



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