

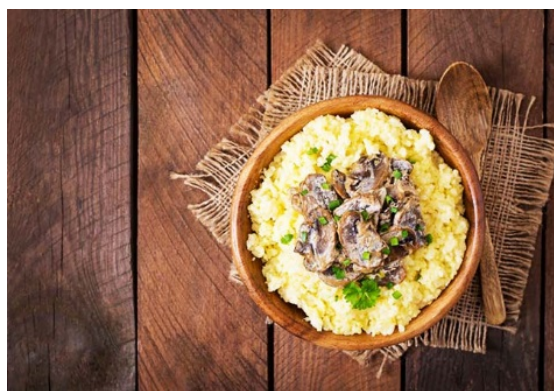
# Millet with Mushrooms and Pumpkin Seeds

*A New American Plate Cookbook Recipe*

Millet is a soft-textured whole grain that's perfect for casseroles and one-pots. And now, research shows that whole grains can help lower your risk for colorectal cancer. Cooking the grain and vegetables at the same time will give you a healthy dinner or side in only 30 minutes.

## Ingredients:

- 1 cup millet
- Fat-free, reduced sodium vegetable broth
- 2 Tbsp. extra virgin olive oil
- 8 oz. mushrooms, cleaned and sliced
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1 Tbsp. reduced-sodium soy sauce
- 1 tsp. Worcestershire sauce
- Salt and freshly ground black pepper
- 1/4 cup toasted pumpkin seeds\*
- 2 Tbsp. finely minced parsley



**Makes 8 servings.**

**Per Serving:** 147 calories, 5 g total fat (<1 g saturated fat), 22 g carbohydrate, 5 g protein, 3 g fiber, 234 mg sodium.

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

\*Note: To toast pumpkin seeds, put them in small skillet over medium-high heat and stir constantly for 2 to 3 minutes until lightly browned. Immediately transfer to small dish and cool.

## Directions

1. Cook the millet according to package instructions, using broth instead of water.
2. A few minutes before millet is done, heat olive oil over medium-high heat in a large nonstick skillet.
3. Add mushrooms, onion, celery, soy sauce, and Worcestershire sauce and cook for about 7 minutes, stirring constantly, until mushrooms have released their liquid.
4. Add cooked millet to vegetables in skillet. Season to taste with salt and pepper. If the millet seems too dry or too thick, use a little extra broth to thin the mixture.
5. Sprinkle with pumpkin seeds and parsley and serve immediately

Recipe found at: <http://www.aicr.org/health-e-recipes/2017/millet-with-mushrooms-and-pumpkin-seeds.html>