

Making it delicious

MILLET WITH LEMON & SCALLIONS

Ingredients

- 2 cups Millet, cooked
- 1 Lemon (zest & juice - about 4 Tbsp. of lemon juice)*
- 1/8 tsp. Table or sea salt (optional)
- 4 Scallions, finely sliced

*See the handout provided for lemon zesting instructions



Nutrition Facts

3 servings per container	
Serving size	(156g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 154mg	4%

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

Instructions

- Heat the pre-cooked millet (in the microwave, oven, or on the stove). If using the oven, cover an oven proof pan with aluminum foil.
- Once the millet is heated through, fluff it with a fork.
- Wash and dry the lemon, then zest* it and add the zest to the millet.
- Next, juice the lemon, strain out the seeds, and add the juice to the millet.
- Stir well and season with salt to taste.
- Wash and dry the scallions, then cut off the roots.
- Thinly slice or chop the white parts and most of the green parts.
- To serve, garnish with the finely-chopped scallions.

Recipe adapted from www.pccmarkets.com

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SERVINGS: 3 | PREP TIME: 15 MIN