



Millet Stuffing

Full of rich, earthy flavours and fresh herbs, this twist on a traditional holiday side dish is sure to please.

Makes 6 to 8 Servings

Ingredients

1 cup millet (see note)
2 ½ cups vegetable broth
2 cups cremini mushrooms, roughly chopped
1 medium white onion, diced
Neutral vegetable oil, for sautéing
4 cloves garlic, minced
1 tbs dried parsley
1 tsp dried oregano
1 tsp dried thyme
2 tbsp fresh rosemary, chopped
½ cup fresh parsley, chopped
Generous pinch of salt and ground pepper, to taste
Roasted pumpkin seeds, optional

Note:

Quinoa can be substituted for the millet.

Steps

1. Heat a pot over medium heat and add millet dry. Toast for 3 to 5 minutes or until fragrant. Stir a few times to prevent burning.
2. Add vegetable broth. Bring to a boil and simmer for 20 to 25 minutes until broth is completely absorbed. If millet is still al dente at this point, add another ¼ cup broth and cook until absorbed.
3. When millet is done, remove from heat and keep covered for 10 minutes so any remaining liquid can absorb.
4. Heat a large pan over medium heat. Add mushrooms and onion and sauté for 15 to 20 minutes or until onions are completely soft.
5. Add herbs and garlic and sauté for another 1 to 2 minutes. Add cooked millet and stir to combine.
6. Add a generous pinch of salt and pepper. Add chopped parsley and pumpkin seeds. Serve and enjoy.

Nutrition Information

122 Calories | 21.6g Carbohydrates | 1.7g Fat | 0.4g Saturated Fat | 3.1g Fibre | 5.2g Protein | 242mg Sodium | 1.1g Sugar

Source: www.verywellfit.com