

CREATE

MILLET

Not just for the birds

~ Millet has a mild, nutty, corn-like taste. It is a good source of protein (nearly 15%), fiber, B vitamins, iron, and phytochemicals. It is considered one of the least allergic and well-digested grains available.

~ Millet has a tendency to go rancid really fast. Before you buy it, check the expiration date and store it in an airtight container in the fridge (for up to 4 months) or the freezer (for up to 6 months) as soon as you get it home from the store. Smell it before you use it and if it smells off or rancid, throw it out.

~ To cook fluffy millet heat 2 cups water to boil in a medium saucepan. Wash the millet, drain it, and then heat it in a dry skillet until it dries, starts to pop, and turns slightly golden brown (4-6 minutes). Stir the toasted millet into the boiling water. Add a pinch of salt and ½ tablespoon butter or oil. Cover and simmer over low heat 15-20 minutes until the liquid is absorbed and the grain is soft. Turn off the heat and let stand for 10 minutes then fluff with a fork.

~ To cook sticky millet bring 1 cup of millet, 3 cups water, and pinch of salt to a boil in a medium saucepan. Reduce the heat, cover the pot, and simmer 15 – 20 minutes.

Chicken Millet Stew

2 chicken breasts, cut in bite size pieces	2 ribs celery, sliced
2 teaspoons canola oil	½ pound mushrooms, quartered
1 cup millet	1 bay leaf
4 cups chicken broth	1 teaspoon basil
2 cups water	1 teaspoon thyme
2 medium onions, coarsely chopped	Salt and pepper to taste
2 potatoes, peeled and cubed in bite size pieces	¼ cup light sour cream
2 carrots, peeled and sliced	

In large saucepan, cook chicken in canola oil until no longer pink. Remove chicken from pan and keep warm. Add millet to pan and toast over medium heat for several minutes. Stir to prevent burning. Add chicken back to pan along with remaining ingredients EXCEPT for sour cream. Bring pot to boil, reduce heat to a simmer, and add lid. Cook for 30 minutes or until vegetables and millet are tender. Stir in sour cream and serve.

Yield: 4 servings

Vegetable Curry Millet

1 cup millet	½ cup diced red onion
2 cups chicken or vegetable stock	1 clove garlic, minced
1 tablespoon olive oil	1 teaspoon cumin
1 small yellow summer squash, diced	¼ cup chopped parsley
1 small zucchini, diced	1 teaspoon curry powder
1 (15 oz.) can chickpeas, rinsed and drained	Salt and pepper to taste

Toast millet in heavy skillet over medium heat until it turns golden. Add stock to millet and bring to boil. Reduce heat to a simmer, cover, and cook 20 minutes. Let stand 5 minutes, fluff with fork, and transfer to a bowl. In olive oil, sauté squash, zucchini, onion, and garlic until tender. Stir in remaining ingredients, add cooked millet, heat through.

Yield: 6 servings

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Mexican Millet Salad

1 cup millet Salt and pepper to taste

2 cups water

2 tablespoons + 2 teaspoons olive oil (divided)

1 clove garlic, minced

2 cups frozen corn, thawed

1 (15 oz.) can black beans, rinsed and drained

2 tablespoons lemon juice

2 teaspoons cumin

½ cup cilantro, chopped

4 medium tomatoes, diced

Bring millet and water to a boil, reduce heat, cover pan, and cook for 20 minutes or until tender.

Heat 2 teaspoons olive oil in large skillet. Add garlic, beans, corn, tomatoes, cumin, and cilantro to skillet. Sauté 5 minutes. Remove from heat and stir in millet. Combine lemon juice and 2 tablespoons olive oil together. Pour over millet mixture and stir well. Season with salt and pepper to taste. Serve immediately.

Yield: 6 servings

How many ways can you use this tasty, gluten, free grain? Try adding millet flour to your muffins or cookies and even add a little bit to your bread dough, but don't try to make bread with 100% millet flour. Since it has no gluten, it will not rise!

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