

Organic Millet

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 1 g	6 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	20 %

Factoid:

Millet is an ancient small-seed grain that is commonly used as a food staple (in China, India, and Africa), a cereal grain, ground as flour, or is commonly used in North America as feed. However, millet is regaining popularity because it is a gluten free, a whole grain, and provides nutrients such as magnesium, manganese, phosphorus, niacin, and thiamin.

Ingredients:

Organic millet



Recipe:

left coast
ORGANICS

Millet Casserole

Ingredients:

4 C cooked millet

1/4 C celery, finely chopped

1/2 C onion, finely chopped

1/2 tsp vegetable seasoning

2 C diluted cream (1 part heavy cream to 3 parts water, or half and half)

4 eggs, well beaten

1 1/2 C grated medium cheddar cheese

Instructions:

1. To well beaten eggs, add cream, chopped vegetables, seasoning and 1 cup of cheese.
2. Stir well into millet, pour into casserole and sprinkle with the remaining 1/2 cup of cheese and paprika.
3. Dot with butter and bake at 325F for 30 minutes or until firm.



Cooking Note:

1. Add 2 cups of boiling water, or broth and 1/2 teaspoon of salt, to taste.
2. Bring to a boil over the stove, then reduce the heat and cover the pot.
3. simmer until all the liquid has been absorbed, for about 20-25 minutes
4. Turn off heat and let stand, covered, for 5 minutes.
5. Fluff with a fork.

