

Millet: A whole grain you might be overlooking

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Don't let the names of exotic grains like millet keep you from trying

them. They're as easy to make as standard white rice yet far more nutritious.

Millet is the seed of a grass that grows in Africa. It has a fluffy, dry texture and tastes similar to corn. Millet has a wide variety of nutrients, including many minerals, protein and fiber.

It cooks in under 30 minutes and can be served up as a hot breakfast cereal, added to soups in place of beans or pasta, or turned into side dishes. This flavorful [carrot](#) and millet dish is a great complement to any protein.

Spicy Millet and Carrot "Pilaf"

- 1 cup dry millet
- 3 tablespoons [olive oil](#)
- 4 carrots, peeled and diced
- 1 teaspoon salt
- 1 tablespoon fresh ginger, minced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chicken or vegetable broth
- 1/2 cup raisins
- 1/4 cup chopped parsley

Place the millet in a small saucepan with 3 cups of water. Bring to a boil, then reduce to a simmer. Cook, covered, for 25 to 30 minutes until the water is absorbed and the grains are fluffy and tender.

Warm the oil in a large skillet over medium heat. Add the carrots and salt, and [cook](#) 8 to 10 minutes, until the carrots brown and are tender. Add ginger, cinnamon, cardamom and pepper. Cook 1 minute more to

bring out their flavors.

Stir in the [millet](#), the broth and raisins and heat through for 3 minutes. Sprinkle with the parsley and serve.

Yield: 4 servings

More information: The Whole Grains Council has more on [millet](#) and its possible health benefits.

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