



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Parmesan Millet

Adapted from Cookinglight.com

1 cup dry millet
1/4 tsp salt
1/2 cup grated parmesan cheese
1 tbsp lemon juice
1 tbsp olive oil
1 tsp chopped fresh thyme
black pepper to taste

Instructions:

In a large saucepan, place millet over medium heat and cook until lightly toasted (about 4 minutes); stirring occasionally.

Add 3 cups of water and salt to the saucepan; bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Remove the saucepan from the heat, cover, and let stand for 10 minutes. Stir in remaining ingredients. Taste and adjust seasoning, as needed.

Note:

-To switch up the texture of this dish, change the ratio of water by boiling it first and adding less moisture overall. Try pouring 2 1/4 cups boiling water into the toasted millet and then simmer as previously noted to yield a fluffier final product.

Yield: 5 servings

▲ NUTRITION INFORMATION PER SERVING:

CALORIES: 220 calories

PROTEIN: 8 g

SODIUM: 270 mg

CARBOHYDRATE: 30 g

FIBER: 3 g

FAT: 7 g

SAT FAT: 2 g