

# Nutrition Bites



## Millet

Although millet is most often associated as the main ingredient in bird seed, it is not just “for the birds.” Creamy like mashed potatoes or fluffy like rice, millet is a delicious grain that can accompany many types of food.

As with most grains, millet is available in markets throughout the year.

Millet is tiny in size and round in shape and can be white, gray, yellow or red. The most widely available form of millet found in stores is the hulled variety, although traditional couscous made from cracked millet can also be found.

Millet is a gluten-free grain (gluten is a protein in wheat, barley, and rye that is hard for some people to digest).

- Reduces risk of high blood pressure and heart attack (fiber, antioxidants, minerals)
- Helps prevent gallstones (insoluble fiber)
- Helps regulate blood sugar (lowering the glycemic index of the meal - meaning that it “slows down” sugar delivery - while increasing its content of fiber, magnesium, and vitamin E)
- Lowers risk of type 2 diabetes (magnesium, fiber)
- Reduced asthma in children who consume higher amounts of whole grains such as millet and fish.



Source: World's Healthiest Foods < <http://www.whfoods.com>>

## Soaking and Cooking Millet:

- Rinse the millet thoroughly in filtered water.
- Soak 1 cup millet for 8 to 12 hours in 2 cups of filtered, room temperature water, with 1 Tbsp acid medium such as lemon juice or vinegar. *Soaking removes anti-nutrients and increases absorption.*
- After soaking, rinse the millet, and then add 2 cups of fresh water to the millet to cook. Bring to a boil then turn heat to low, and let simmer for 25 to 30 minutes. The less you stir, the fluffier the millet will be. *(If you do not soak the millet, use 3 cups water to 1 cup millet, and cook for the same length of time).*

## This Week's Recipe

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### Millet Fritters with Feta, Spinach & Raisins

2 cups cooked millet  
1 1/2 cups small diced yellow onion  
2 large eggs, lightly beaten  
2 cloves garlic, minced  
1 tsp chopped fresh sage leaves  
1/2 tsp kosher salt  
2 cups finely chopped chard, spinach, or kale  
1/2 cup bread crumbs  
1/2 cup feta cheese  
1/2 cup raisins  
1/4 cup olive oil

**1** Stir together millet, onion, eggs, garlic, sage, and salt in medium bowl. Stir in spinach, breadcrumbs, feta, and raisins; let stand 5 minutes. If fritters still feel wet, add more breadcrumbs. You should be able to pinch together mixture and have it stick together without oozing. Shape into 6 1/2-cup fritters, placing them onto parchment lined sheet pans.

**2** Preheat oven to 375. Brush each fritter with olive oil. Bake for 5-7 minutes. Flip each fritter and then brush the other side. and bake 5 minutes more, until fritters brown around the edges.

Makes 6 servings | Total time: 1 hour