

Moroccan Millet Pilaf

This pilaf is great as a one-dish meal or served with fresh green salad. Peppers, especially red peppers are among our best sources of vitamin C and the protective group of phytochemicals known as carotenoids. Millet and chickpeas are good sources of the yellow vitamins riboflavin and folate.

From: Gluten Free Diet Serves 6

2 tbsp.	coconut, olive. canola OR safflower oil
1 large	red bell pepper, sliced into strips
1 large	green bell pepper, sliced into strips
1 large	onion, sliced into half- moons
2 tbsp.	crushed garlic
2 tsp.	paprika
1/2 tsp.	salt
1 tsp.	ground cumin
1/2 tsp.	ground cinnamon
1/4 tsp.	ground turmeric
1/4 tsp.	ground ginger
1/8 tsp.	ground cayenne
1 1/2 cups	millet
3 cups	GF vegetable stock or broth*
1 can	15 oz. can chickpeas
1/4 cup	raisins OR GF dates
1/4 cup	sunflower seeds, pumpkin seeds OR pine nuts (optional)

1. Place 1 tbsp. of oil in a large roasting pan. Add the peppers, onion, garlic, paprika and salt. Toss until evenly coated with oil.
2. Place pan in a preheated 450 degree oven for 20 minutes, stirring 2 or 3 times during the cooking cycle.
3. Remove vegetables from oven, and allow to cool, chop coarsely.
4. While veggies are roasting, heat the remaining tbsp. oil in a large saucepan. Add cumin, cinnamon, turmeric, ginger and cayenne. Stir over med- high heat until the spices are well- combined and uniform in color, about 30 seconds.
5. Add millet and stir quickly to coat, about 1 minute.
6. Immediately pour in vegetable stock and bring to a boil. Reduce heat, cover and cook millet until all liquid is absorbed, about 20 minutes.
7. Place the millet in a large bowl and fluff with fork.
8. Add roasted vegetables, chickpeas, raisins and optional seeds or nuts. Season with salt and pepper to taste. Toss gently.

*Author note: Choose a lower- sodium GF vegetable stock or broth.

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Shopping List

Moroccan Millet

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>Department</u>	<u>PLU #</u>
coconut, olive. canola OR safflower oil	2 tbsp.	BULK	_____
red bell pepper	1 large	PRODUCE	_____
green bell pepper	1 large	PRODUCE	_____
onion	1 large	PRODUCE	_____
crushed garlic	2 tbsp.	PRODUCE	_____
paprika	2 tsp.	BULK	_____
salt	1/2 tsp.	BULK	=====
ground cumin	1 tsp.	BULK	_____
ground cinnamon	1/2 tsp.	BULK	_____
ground turmeric	1/4 tsp.	BULK	_____
ground ginger	1/4 tsp.	BULK	_____
ground cayenne	1/8 tsp.	BULK	_____
millet	1 1/2 cups	BULK	_____
GF vegetable stock or broth	3 cups	GROCERY	_____
15 oz. can chickpeas	1 can	GROCERY	_____
raisins OR GF dates	1/4 cup	BULK	_____
sunflower seeds, pumpkin seeds OR pine nuts	1/4 cup	BULK	_____

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