Recipe For Health | JANUARY 2013

SOUTHWEST MILLET BAKE

This whole grain side dish is a unique addition to your Mexican meal.

By Chef Kurt Kwiatkowski, Corporate Chef, MSU Residential Dining Services

Featured Food: Millet

Yield: Serves 6

Ingredients

 $3\ \%$ c. vegetable broth or chicken broth $\ \%$ c. favorite red salsa 1 c. millet Salt and pepper to taste

2 t. cumin ½ c. shredded pepper jack or sharp white cheddar cheese

1 t. chili powder 2 T. chopped fresh cilantro

Preparation

In a medium pan, bring broth to a boil and then add millet, cumin and chili powder. Return to a boil, reduce heat to low, cover and cook for about 35 minutes; stir once or twice.

Preheat an oven to 400 degrees.

Remove pan from heat, mix in the salsa. Taste for seasoning and add salt and pepper as needed. Transfer to a baking dish and top with shredded cheese, if desired. Bake in the oven for 15-18 minutes.

Remove from the oven, and sprinkle cilantro over the top and serve.