



# FarmFresh

## Recipes

March 2017

### Available Now...

#### Millet

Colorado is the number one millet producing state in the nation, with 260,000 acres producing more than 8 million bushels each year.



#### Tips & Nutrition

What's Millet? Millet is a grain that is most often found in bird seed blends; however, this gluten-free grain is also gaining popularity in many recipes.



### Fresh Inspirations...

#### Grilled Vegetable and Millet Salad

##### Ingredients

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 Cup White Millet, rinsed    | 1/2 Cup Zucchini, cubed         |
| 2 Cups Vegetable Stock        | 1/2 Cup Yellow Squash, cubed    |
| 1 Tbsp. Olive Oil             | 1/2 Cup Red Bell Pepper, cubed  |
| 1 Cup Currants                | 1/2 Cup Cauliflower, cubed      |
| 1/2 Cup Feta Cheese, crumbled | 1/2 Cup Carrots, cut into coins |
| 1/2 Cup Greek Dressing        |                                 |

##### Directions

Season, grill and cool zucchini, squash, bell pepper, cauliflower and carrots then keep chilled. Using a medium-sized stock pot, turn the heat to medium high. Toast millet in the pot until a nutty smell develops and millet starts to crackle, then remove from heat. Slowly add the vegetable stock and cook for approximately 20-25 minutes or until millet is tender. Spread millet on cookie sheet then cool to room temperature. In a mixing bowl add the cooled millet, oil, currants, cheese and dressing. Mix well and adjust seasoning as needed. Serve on a platter arranging the millet around the outer edges, mixed grilled vegetables in the center and garnish with more cheese.

Enjoy with a glass of Colorado wine such as Cabernet Sauvignon from Whitewater Hill Vineyards in Grand Junction, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Next Month... Colorado Lamb