

# **Millet-Cauliflower Mashed Potatoes**

From the Oldways Whole Grains Council

<http://wholegrainscouncil.org/recipes/salads-sides/millet-cauliflower-mashed-potatoes>

## **Ingredients**

- 1/2 cup millet
- 2 1/2 cups water
- 4 ounces sliced cauliflower stems and florets (about 1 1/2 cups)
- 1/2 tsp salt
- Optional: butter, roasted garlic, wasabi, horseradish and/or sour cream to taste

## **Instructions**

1. Wash and drain the millet, then put it in a saucepan with a lid. Add the water, cauliflower, and salt.
2. Bring to a boil and reduce the heat to the lowest simmer. Cover and cook for 35 minutes, checking and giving it a stir after 30 minutes. The millet will bread open and thicken the liquid in the pot. When the millet is very soft and thick, take it off the heat and let stand for 5 minutes.
3. Use a blender for the smoothest puree, but a food processor will work almost as well. Purée until the mixture is as smooth as you can get it.
4. Add butter or other flavorings, if desired, and serve as a side dish.

**Makes 2 servings**

## **Nutrition information per serving**

Calories: 200	Dietary Fiber: 5 g
Total Fat: 2.5 g	Sodium: 610 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol:	Carbohydrates: 39 g