



Creamy Millet with Roasted Portobellos



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 0.3 cup gorgonzola crumbled
- ☐ 2 teaspoons herbs de provence
- ☐ 1 bunch destemmed lacinato/dinosaur kale stemmed coarsely chopped (Tuscan)
- ☐ 2.5 cups milk
- ☐ 1 cup millet
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.5 cup pecorino cheese grated plus more for garnish
- ☐ 4 portabello mushrooms stemmed
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons balsamic vinegar white

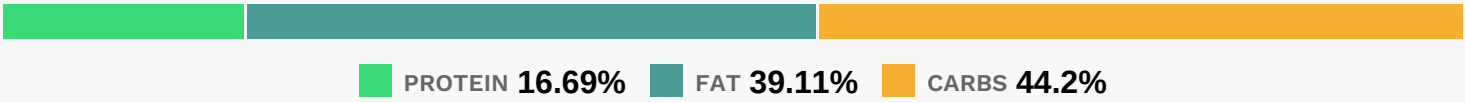
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 400°F. Rinse and drain the millet. Put it in a heavy pot (enameled cast-iron, if you have one).
- ☐ Add the milk, 2 cups water, and a big pinch of salt. Stir. Bring to a boil over medium-high heat, then reduce to a gentle simmer, cover, and cook, stirring occasionally so the bottom doesn't burn, until tender, 20 to 25 minutes. Stir in the nutmeg and thyme and cook another 3 minutes. The consistency should be like that of a soft polenta with some millet nuggets in it. If it starts to thicken too much or the texture is too coarse, add another 1/2 cup water as it cooks. Stir in both cheeses, taste, and add salt and pepper, if desired. Turn off the heat and leave the lid ajar.
- ☐ In a large bowl, stir together the oil, vinegar, herbes de Provence, and 1/2 teaspoon of salt.
- ☐ Brush both sides of the mushrooms with the dressing and gently toss the kale with the remaining dressing.
- ☐ Put the mushrooms on a rimmed baking sheet, stem side up.
- ☐ Bake until the mushrooms have shrunk down and softened, 10 to 12 minutes.
- ☐ Remove the baking sheet from the oven, spread the kale in the remaining space, sprinkle with the red pepper flakes, and roast until the kale is just softened and crisped a bit, another 5 minutes.
- ☐ To serve, place a generous scoop of the cheesy millet on each plate. Top with a portobello, some roasted kale, some Pecorino, and serve.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:26.68, Inflammation Score:-10, Nutrition Score:39.133912832841%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg Kaempferol: 31.59mg, Kaempferol: 31.59mg, Kaempferol: 31.59mg, Kaempferol: 31.59mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg

Nutrients (% of daily need)

Calories: 471.06kcal (23.55%), Fat: 20.87g (32.11%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 44.22g (16.08%), Sugar: 11.38g (12.64%), Cholesterol: 36.6mg (12.2%), Sodium: 531.4mg (23.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.04g (40.07%), Vitamin K: 277.39µg (264.18%), Vitamin A: 7281.6IU (145.63%), Vitamin C: 68.91mg (83.52%), Manganese: 1.45mg (72.29%), Calcium: 562.27mg (56.23%), Phosphorus: 553.47mg (55.35%), Vitamin B2: 0.79mg (46.51%), Vitamin B3: 7.26mg (36.33%), Fiber: 8.84g (35.35%), Copper: 0.69mg (34.38%), Selenium: 23.34µg (33.35%), Vitamin B1: 0.43mg (28.9%), Folate: 114.42µg (28.61%), Magnesium: 112.45mg (28.11%), Vitamin B6: 0.55mg (27.31%), Potassium: 931.07mg (26.6%), Iron: 4.3mg (23.88%), Vitamin B5: 2.2mg (22.01%), Zinc: 2.79mg (18.6%), Vitamin B12: 1.09µg (18.19%), Vitamin D: 2.03µg (13.52%), Vitamin E: 1.66mg (11.04%)