



Greek Millet Saganaki with Shrimp and Ouzo

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 1 cup coarsely greek feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 clove garlic crushed peeled
- ☐ 1 small chile green hot minced
- ☐ 1 pound shell-on shrimp dry deveined

- ☐ 0.8 cup millet
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup ouzo
- ☐ 0.5 cup pimiento-stuffed olives green halved
- ☐ 0.3 teaspoon sea salt fine
- ☐ 4 servings sea salt and pepper black freshly ground fine
- ☐ 2 tablespoons tomato paste
- ☐ 1.3 cups water
- ☐ 1 cup onion yellow finely chopped (1 small)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ spatula
- ☐ dutch oven

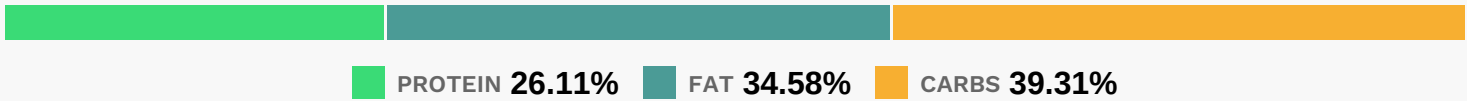
Directions

- ☐ To prepare the millet, bring the water, millet, bay leaf, and salt to a boil in a 2-quart saucepan. Decrease the heat to maintain a simmer, cover, and cook until the water is absorbed, about 15 minutes.
- ☐ Remove from the heat and let sit, covered, for 5 to 10 minutes. Uncover, remove the bay leaf, and set aside to cool.
- ☐ Meanwhile, make the saganaki.
- ☐ Heat the olive oil in a large Dutch oven or large heavy-bottomed saucepan over medium heat until it shimmers.
- ☐ Add the onion, garlic, chile, and salt; cook, stirring frequently, until the onion softens and turns light golden, about 5 minutes.
- ☐ Add the tomato paste and cook, stirring, until it darkens, about 1 minute.

- ☐ Add the tomatoes with their juices and the pepper; bring to a boil over medium-high heat. Decrease the heat to maintain a light boil and cook, uncovered, for 3 minutes.
- ☐ Stir in the millet and green olives. Taste for salt and pepper and adjust (keeping in mind that olives and feta cheese can be quite salty).
- ☐ Remove the pot from the heat, sprinkle with the feta, and cover to allow the cheese to soften.
- ☐ To prepare the shrimp, season them with salt and pepper.
- ☐ Heat the olive oil in a 12-inch skillet over high heat until it shimmers.
- ☐ Add the shrimp. Cook, undisturbed, until the shrimp turn golden, 1 to 2 minutes, and then flip them with a spatula and cook until they are just opaque throughout, 1 to 2 more minutes, depending on the size.
- ☐ Add the ouzo and cook until syrupy, about 30 seconds. Using a spatula, briskly remove the shrimp from the pan and arrange on top of the millet.
- ☐ Sprinkle with the parsley and serve at once.
- ☐ Reprinted with permission from Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More by Maria Speck. Text copyright © 2011 by Maria Speck; photographs copyright © 2011 by Sara Remington. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Maria Speck grew up in Greece and Germany before moving to the United States as a young adult. She is a writer and journalist, and has contributed to Gourmet, Saveur, and Gastronomica, as well as Marie Claire and Elle. Her popular cooking classes in Cambridge, Massachusetts, focus on the flavors and cooking styles of the Mediterranean and on creating innovative and delicious meals with whole grains.

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- ☐ done

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:23.43, Inflammation Score:-9, Nutrition Score:37.59913029878%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 582.51kcal (29.13%), Fat: 23.62g (36.33%), Saturated Fat: 6.91g (43.19%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 48.42g (17.61%), Sugar: 11.91g (13.23%), Cholesterol: 215.95mg (71.98%), Sodium: 1346.39mg (58.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.24%), Manganese: 1.6mg (80.1%), Vitamin K: 78.93µg (75.17%), Iron: 12.55mg (69.73%), Copper: 1.37mg (68.36%), Phosphorus: 648.8mg (64.88%), Calcium: 486.26mg (48.63%), Fiber: 11.98g (47.9%), Magnesium: 175.21mg (43.8%), Potassium: 1434.91mg (41%), Vitamin C: 33.69mg (40.84%), Vitamin B6: 0.81mg (40.65%), Vitamin B2: 0.61mg (36.17%), Zinc: 5mg (33.3%), Vitamin B1: 0.46mg (30.88%), Vitamin E: 4.6mg (30.67%), Vitamin B3: 5.56mg (27.8%), Vitamin A: 1154.09IU (23.08%), Folate: 86.52µg (21.63%), Vitamin B5: 1.48mg (14.76%), Selenium: 9.71µg (13.87%), Vitamin B12: 0.63µg (10.56%)