

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Moroccan Spiced Millet and Lentil Salad

Serves: 6

Modified from: www.VegetarianTimes.com

Items Needed: cutting board, knife, saucepan, measuring cups, measuring spoons, blender, mixing bowl, mixing spoon, serving plate

Ingredients:

Salad

- ½ cup millet
- ½ cup cooked lentils
- 2 medium carrots, thinly sliced on sharp bias (1/2 cup)
- ½ medium red onion, thinly sliced (1/2 cup)
- ¼ cup sliced pitted Medjool dates
- ¼ cup chopped parsley
- ¼ cup roughly chopped pistachios
- ¼ cup pomegranate seeds
- 2 Tablespoons minced green olives
- 1 Tablespoon chopped mint
- 1 small orange, cut into pieces

Dressing

- ¼ cup cooked lentils
- 1 pitted Medjool date
- 2 Tablespoons olive oil
- 2 Tablespoons orange juice
- 1 Tablespoon lemon juice
- 1 teaspoon ras el hanout spice blend

Directions:

1. To make salad: Cook millet according to package directions. Spread cooked millet on plate, and chill in refrigerator.
2. Combine millet with lentils, carrots, onion, dates, parsley, pistachios, pomegranate seeds, olives, and mint in salad bowl. Set aside.

3. To make dressing: blend all ingredients in blender until smooth; season with salt and pepper, if desired.
4. Stir into salad. Scatter orange pieces over top.

Nutrition Information (per ½ cup serving):

Calories: 225 Fat: 8 g Carbs: 34 g Protein: 6 g Fiber: 6 g Sodium: 122 mg