



# Millet Green Bowl

Calories:108

Carb:21.4g

Fat:0.9g

Protein:3.1g

Prep time:10 mins

Cook time:20 mins

Total time:30 mins

Servings:2

Category: Salad

## ingredients

- 2 tsp salt
- 1 bay leaf
- 1 lemon juice
- 1 medium cucumber
- 1 cup arugula leaves
- $\frac{3}{4}$  cup millet

## directions

- Toast the millet in a heavy bottom saucepan over medium heat for 3-5 minutes.
- Remove the pan from the heat and add water and bay leaf to the pan, bring it to a boil.
- Reduce the heat and cover the pan and cook the millet for about 15 minutes.
- Fluff the millet with a fork to break it up. Season with salt.
- When the millet is cool, mix in the lemon juice.
- Serve with sliced cucumber and arugula leaves.