

## Cauliflower-Millet Mash

*Cauliflower is a very good source of vitamin C, manganese, and other antioxidants with powerful anti-inflammatory effects. This recipe is a fantastic healthier substitution for mashed potatoes and a new way to include the whole grain, millet, into a meal.*



### Ingredients

- 4 cups or 1 medium head of cauliflower
- 1 cup hulled millet (washed and drained)
- 4 cups of water (or vegetable broth)
- 1 teaspoon cold pressed extra virgin olive oil or sesame oil
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- ½ cup parsley for garnish

### Instructions

1. Wash millet three times, or until water runs clear.
2. Sauté millet, garlic powder, and sea salt in a little olive oil or sesame oil on medium-high flame, until water is fully evaporated and millet starts to toast.
3. Add in water or vegetable stock, and herbs, if using, and bring to the boil. Stir in chopped cauliflower and then simmer for about 40 minutes, or until cauliflower and millet is cooked through.
4. You may serve chunky as-is, or mash with a potato masher or a stick blender.
5. Stir in finely chopped parsley for a bit of color before serving.

*\*Recommended Toppings: top with your favorite gravy (see “mushroom gravy” recipe) or sprinkle with gomashio (see “gomashio” recipe or purchase premade mixture).*

Makes 6-8 servings