



FarmFresh

Recipes

March 2020

Available Now...

Millet

Colorado is the number one millet producing state in the nation, with 275,000 acres producing nearly 8 million bushels each year.



What's Millet?

Millet is a grain that is most often found in birdseed blends; however, this gluten-free grain is also gaining popularity in many recipes.

Fresh Inspirations...

Tropical Overnight Millet

Ingredients

- 3 Cups Water
- 1 Cup Millet, rinsed
- 3/4 tsp. Ground Cinnamon
- 2 Tbsp. Dark Brown Sugar
- 2 Cups Whole Milk
- 1/2 Cup Fresh Pineapple, chopped fine
- 1/2 Cup Fresh Strawberries, chopped fine
- 1/2 Cup Sweetened Coconut, toasted
- 1/2 Cup Salted Macadamia Nuts, toasted and chopped

Directions

Add 3 cups of water to a saucepan and bring to a boil. Add the millet and return to a boil. Reduce to a simmer and cook the millet for 10-12 minutes or until tender. Remove from the stove and drain through a fine mesh strainer. Fluff millet and place into a bowl, top with the sugar and cinnamon, and mix well. Place bowl in the refrigerator to chill. Divide the cooked millet into four 12oz mason jars. In a separate bowl, mix the pineapple, strawberries, macadamia nuts and toasted coconut. Top each mason jar of millet with 1/2 cup whole milk. Divide the pineapple/berry mixture among the four mason jars. Place the cover on the jars and chill in the refrigerator 6-8 hours or overnight. Grab a spoon and enjoy!

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado** Mushrooms