

Roasted Cauliflower with Millet

Prep Time

10 minutes

Prep Notes

n/a

Cooking Time

45 minutes

Yields

6 servings

Ingredients

1 medium head cauliflower, florets only
Extra Virgin Olive Oil
1 tsp sea salt
1 cup millet
2 1/4 cups water
2 cloves garlic, sliced
1 tbsp umeboshi vinegar
Sea salt and black pepper to taste
Handful of chopped parsley

Directions

1. Heat the oven to 350° F.
2. Toss the cauliflower florets into a drizzle of olive oil and season with salt and pepper. Put them on a baking sheet and roast for 40 minutes or until the cauliflower is brown and tender.
3. Meanwhile, wash the grains.
4. Bring water to a boil and add grains and 1 teaspoon of sea salt and garlic.
5. Reduce heat to low and simmer covered for 20 minutes until grains are cooked and water is absorbed.
6. Turn the heat off and let sit, covered for 5-10 minutes.
7. Add the cauliflower, umeboshi vinegar, and a bit more olive oil.
8. Garnish with chopped parsley and serve.

Notes

- For extra rich and delicious mash, roast garlic cloves in olive oil over low heat while the grains cook.