

ASPARAGUS CAPRESE MILLET SALAD

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 8 (Serving = 3/4 cup)

Nutrition (per serving)

Calories: 188

Total Carbohydrate: 18 g

Total Fat: 11 g

Dietary Fiber: 4 g

Saturated Fat: 4 g

Protein: 9 g

Sodium: 165 mg



Ingredients

- 1 1/2 cups water
- 1/2 cup uncooked millet
- 24 spears of asparagus, grilled and cut into 1 1/2" pieces
- 2 cups cherry tomatoes, quartered
- 2 cups cucumbers, diced
- 1 1/2 cups Vidalia onion, diced
- 2/3 cups fresh basil, chopped
- 1 cup fresh mozzarella cheese, cubed
- 1 Tablespoon garlic, minced
- 3 Tablespoons extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper



OSF[®]
HEALTHCARE

Directions

1. Bring water to a boil in a medium saucepan. Add millet and simmer for about 20 minutes or until all the liquid is absorbed and millet is fluffy.
2. In a large bowl, combine millet with remaining ingredients and toss until well mixed.
3. Refrigerate for 1 hour before serving.