Savory Millet Cakes

Ingredients

1 tablespoon extra-virgin olive oil

¼ cup finely chopped onion

1 cup millet

1 clove garlic

3 ½ cups water

½ teaspoon coarse salt

⅓ cup coarsely shredded zucchini

⅓ cup coarsely shredded carrot

⅓ cup grated Parmesan cheese

1 1/2 teaspoons minced fresh thyme, or 1/2 teaspoon dried

1 teaspoon freshly grated lemon zest

¼ teaspoon freshly ground pepper

Directions

Step 1 Heat 1 tablespoon oil in a large saucepan over medium-low heat. Add onion and cook, stirring, until softened, 2 to 4 minutes. Stir in millet and garlic and cook, stirring, until fragrant, about 30 seconds. Add water and salt and bring to a boil over medium heat. Reduce heat to low, cover and cook, stirring once or twice, for 20 minutes. Stir in zucchini, carrot, Parmesan, thyme, lemon zest and pepper. Cook, uncovered, maintaining a simmer and stirring often to keep the millet from sticking, until the mixture is soft, very thick and the liquid has been absorbed, about 10 minutes more. Remove from the heat and let stand, covered, for 10 minutes. Uncover and let stand, stirring once or twice, until cool enough to handle, about 30 minutes.

Step 2 With dampened hands, shape the millet mixture into 12 cakes or patties, 3-inch diameter (a scant 1/3 cup each).

Step 3 Coat a large nonstick skillet with cooking spray and heat over medium heat. Add 4 millet cakes and cook until the bottoms are browned, 3 to 5 minutes. Carefully turn the cakes with a wide spatula and cook until the other side is browned, 3 to 5 minutes more. Coat the pan with cooking spray again and cook the remaining cakes in batches, reducing the heat if necessary to prevent burning.

Source: https://www.eatingwell.com/recipe/249839/savory-millet-cakes/