

MILLET-STUFFED PEPPERS WITH GINGER & TOFU

Have you discovered millet yet? This tiny grain is naturally gluten-free and has a nutty corn flavor—and it cooks quickly because of its small size. Asian-flavored baked tofu is great in this recipe, but you can choose your favorite flavor (read labels and look for brands lowest in sodium).

- 1¾ cups water
- ¾ cup millet
- 2 large red bell peppers, halved lengthwise and seeded
- 4 ounces flavored baked tofu, diced
- 2 medium carrots, grated
- ¼ cup chopped fresh cilantro
- 3 tablespoons canola oil
- 1½ tablespoons reduced-sodium tamari
- 2 teaspoons minced serrano or jalapeño pepper
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger
- 1 teaspoon sugar

1. Position rack in upper third of oven; preheat to 425°F.
2. Combine water and millet in a medium saucepan; bring to a boil over high heat. Cover, reduce heat to maintain a simmer and cook until the millet is tender and the liquid is absorbed, 18 to 22 minutes.
3. Meanwhile, place bell pepper halves cut-side up in a broiler-safe pan. Bake until starting to soften, 6 to 10 minutes. Remove from the oven. Turn broiler to high.
4. Combine tofu, carrots, cilantro, oil, tamari, chile pepper, garlic, ginger and sugar in a medium bowl. Stir in the millet. Stuff each pepper half with about 1 cup of the mixture.
5. Broil the peppers until heated through and the millet is starting to brown, 4 to 6 minutes.

SERVES 4: 1 STUFFED PEPPER HALF EACH

Calories 344, **Fat** 15g (sat 2g), **Cholesterol** 0mg, **Carbs** 39g, **Total sugars** 6g (added 1g), **Protein** 13g, **Fiber** 6g, **Sodium** 413mg, **Potassium** 358mg.

ACTIVE: 40 MINUTES

TOTAL: 40 MINUTES

 HIGH FIBER

 DAIRY FREE

 VEGETARIAN

 VEGAN

 GLUTEN FREE

YOU CAN ALSO SWAP
cooked whole-wheat
couscous for the millet
(and skip Step 2).
