

CAPRESE MILLET SALAD

Caprese Millet Salad

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3/4 cup)

Nutrition (per serving)

Calories: 178

Total Carbohydrate: 16

Total Fat: 11 g

Dietary Fiber: 3 g

Saturated Fat: 4 g

Protein: 8 g

Sodium: 165 mg

Ingredients

- 1 1/2 cups water
- 1/2 cup uncooked millet
- 2 cups chopped tomatoes
- 2 cups diced cucumber
- 1 1/2 cups diced Vidalia onion
- 2/3 cups chopped fresh basil
- 1 cup cubed fresh mozzarella cheese
- 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

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.