



By Clean Cuisine and More

Millet Pilaf with Roasted Butternut Squash, Black Beans & Pumpkin Seed Crumbs

Ingredients

- 1 whole butternut squash, peeled and cubed
- 1 tablespoon plus 2 teaspoons extra virgin olive oil or extra virgin coconut oil, divided
- Unrefined sea salt, to taste
- Freshly ground black pepper, to taste
- 1/2 inch piece of ginger, peeled and grated
- 5 cloves garlic, crushed
- 1/2 red onion, chopped
- 3 cups cooked millet (or whole wheat couscous) Bean
- 2 cans (15 ounces) organic black beans, rinsed and drained (look for a BPA-free brand such as Eden Organics)
- Juice from 1 whole lime
- 1/2 cup cilantro, chopped
- 1/2 cup pumpkin seeds

1. Preheat oven to 400 degrees. Place butternut squash cubes on an oiled baking sheet or well-oiled cast iron skillet. Toss with 2 teaspoons oil and season with salt and pepper to taste. Roast for 25 minutes. Remove butternut squash from oven and set aside.
2. Heat the remaining tablespoon of extra virgin olive oil in a large heavy skillet over medium heat. Add the ginger and garlic and sauté 30 seconds. Add the onion and sauté 3-4 minutes, or until soft. Season with salt and pepper to taste.
3. Stir in the millet, season with salt and pepper to taste (FYI: layering your salt gives more flavor and in the end you actually use less total salt to achieve the level of saltiness as you would if adding the salt all at once.) Fold in the black beans and roasted butternut squash cubes; gently toss. Stir in the lime juice and cilantro.
4. Place pumpkin seeds in a mini [food processor](#) or high speed blender; process into crumbs. Sprinkle the pumpkin seed crumbs on top of the millet pilaf. Serve warm. Serves 6.