



Savory Millet & Veggie Cakes

By thesweetbeet.com

These are incredibly versatile – eat them at breakfast with a fried egg on top, lunch with a salad on the side or ratatouille on top, dinner as a side-dish with meat or fish. They freeze easily and can be warmed up. Serves 10

1 1/4 cups cooked millet (Could use quinoa or rice)

1/3 onion

1 large garlic clove

1/2 cup grated carrots

1/2 cup grated zucchini

1/2 cup cooked spinach or kale

1 T fresh dill

2 eggs

1 T olive oil

1 T flour

1/2 tsp baking powder

Salt and pepper

For the topping:

Plain yogurt (or creme fraiche)

Fresh dill

Heat the oven to 375. Cook the millet and let cool a little. Mince the onion and garlic. Flash steam the greens and cut into smallish bits. Grate the carrot and zucchini. (Avoid large chunks of vegs, as the cakes will stay together better if the vegs are small.) Add everything to a bowl and mix. With a large spoon, scoop out individual size portions and press onto baking sheet. Unlike cookies, they don't flatten as they bake, so press them down to about 1/3 inch thickness and 3 inches diameter. Cook for 10 minutes, then flip to the other side. (So 20 mins total cooking time.) (I had some leftover that would not fit on the sheet, so I cooked two in a skillet with a little oil.) The topping is simply yogurt with dill.