

## Millet pilaf with cranberries, sweet potatoes, and thyme

This fall-flavored pilaf makes for a hearty side dish or a larger serving for a vegetarian lunch option, combining the ancient seed millet with sauteed sweet potato and sweet dried cranberries. If you haven't tried millet yet, give it a go. Toasting it before cooking brings out a delicious, nutty, almost popcorn-like flavor. It has a light texture, and because of its small size, cooks relatively quickly in about 20 minutes. Sweet potato skin is edible tender, and can add texture. Use a vegetable peeler to remove it if you'd like to before dicing. You will need about six scallions to yield enough for this recipe.

¾ cup uncooked millet

2 cups water

1 ½ tsp salt, divided

4 tsp olive oil, divided

1 large, fresh uncooked sweet potato diced into ½" pieces

¾ cup sliced, uncooked scallions

2 tsp fresh thyme, chopped

1/4 tsp freshly ground black pepper, or to taste

¾ cup dried cranberries

1. Heat a large nonstick skillet over medium heat. Add millet; cook, stirring frequently, until millet looks and smells toasted, about 4 minutes.
2. Transfer millet to a medium saucepan. Add water and 1 tsp salt; bring to a boil. Reduce heat to low, simmer and cook until millet is tender, about 20 to 25 minutes.
3. Meanwhile, heat 2 tsp oil in a large nonstick skillet over medium-high heat. Add potatoes; cook, stirring frequently, until tender and lightly browned, about 5 minutes. Stir in scallions, thyme, remaining ½ tsp salt and ¼ tsp pepper; cook, stirring, until scallions soften, about 1 minute.
4. When millet is finished cooking, remove from heat and stir in cranberries; cover and let stand 5 minutes. Add millet and cranberries to skillet with potato mixture; stir. Add remaining 2 tsp oil and toss to mix and coat. Yields about ¾ cup per serving.

Weight Watchers USA