

Warm Millet, Mushroom, & Spinach Salad



INGREDIENTS

- $\frac{3}{4}$ cup uncooked millet **OR** uncooked barley
- 2 tablespoons 100% orange juice
- $1\frac{1}{2}$ tablespoons fresh lemon juice
- 1 tablespoon plus $1\frac{1}{2}$ teaspoons canola, corn, **OR** olive oil, divided use
- $\frac{1}{4}$ teaspoon salt
- Pepper to taste
- 8 ounces button mushrooms, thinly sliced
- 1 teaspoon bottled minced garlic **OR** 2 medium garlic cloves, chopped
- 6 ounces baby spinach



SERVINGS: 4

SERVING SIZE: $\frac{3}{4}$ cups

COST PER SERVING: \$1.85

CALORIES

212 Per Serving

PROTEIN

7g Per Serving

FIBER

3g Per Serving



STEP 1: Prepare the millet using the package directions, omitting the salt. Transfer to a bowl, fluff with a fork.



STEP 2: Meanwhile, in a small bowl, whisk together both juices, 1 tablespoon oil, the salt, and pepper. Set aside.



STEP 3: In a large nonstick skillet, heat the remaining 1½ teaspoons oil over medium-high heat. Cook the mushrooms for 5 minutes.



STEP 4: Stir in the garlic. Cook for 5 minutes, stirring frequently. Remove from the heat.



STEP 5: Stir in the spinach. Transfer to a large bowl. Stir in the millet.



STEP 6: Pour in the dressing. Toss to coat.