

NURTURE'S MORNING MILLET AND OATS RECIPE

BY THE GALs AT NURTURE:
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Tell us why you chose this recipe to share with *Weekly Sun* readers?

We chose this recipe because we have served it to hundreds of kids in the Valley with great success—they all loved it! We have served it as a component of our Nurture “Food and Fun” Nutrition and Wellness Program, typically in conjunction with a lesson on whole grains.

The recipe uses millet. That’s a pretty unique ingredient, isn’t it?

The recipe uses two whole grains, steel-cut oatmeal and millet. People often think of “birdseed” when you mention millet, but the fact is that millet is a wonderful and tasty food. The oatmeal makes the recipe more familiar to kids that are timid to try new things, yet we are sneaking in a new whole grain (millet) that most kids have not tried. Millet has a very mild taste and can give a nice crunchy texture; the downside is that millet tends to dry out easily. But by pairing the millet with oatmeal, the dish has a nice moist texture that you might call “comfort food.” Once kids try the millet—and like it—it gives them confidence to try other

foods. Often kids’ palates can be tricky, and it can take multiple (over 10) tries of a food before an acquired taste develops.

Your program is about trying new foods; what else?

Yes, Nurture’s “Food and Fun” program definitely includes the opportunity to try new foods but also empowers students with knowledge about nutrition. The program gets them excited about making healthy choices. And once kids are excited, you can guarantee that they will run home and educate and excite their parents as well.

How have you been able to provide this program to kids in our Valley?

The “Food and Fun” program is thriving because of the growing interest in the program and the incredible support from local individuals, foundations and businesses. The Idaho Community Foundation has been a wonderful partner and has supported us through the **Gladys E. Langroise Advised Fund, the Jim and Barbara Cimino Fund, the Donald W. and Gretchen K. Fraser Fund, and the Little Black Dress Club – Wood River.** We are thrilled to have significant support for the upcoming school year from the Wood River Women’s Charitable Foundation. Schools and parents have been extremely supportive, and the Blaine **County Education**

Foundation has been a wonderful partner. We are also extremely thankful to local businesses such as Idaho’s Bounty who have donated in-kind and monetary support. We are so grateful for the generosity that exists in our community!

How can our readers find other delicious recipes?

Please see our site (www.nurtureyourfamily.org) and click on “Recipes” on the green bar. We have many recipes on our site, all that focus on highly nutritional yet low-cost whole foods, such as whole grains, beans, lentils, and fruit and vegetables. Each recipe is priced out to ensure that it can compete, price-wise, with fast-food; each serving must be \$1.50 or less. Our recipes also use equipment such as slow cookers and rice cookers that make preparation really fast and easy. Morning Millet and Oats uses a rice cooker to cook the steel-cut oats and millet. It never burns and comes out perfect every time.

How can our readers learn more about Nurture?

We have a really fun monthly e-newsletter that provides dates and information on what we are working on, plus a featured recipe to try. You can sign up on our website (www.nurtureyourfamily.org) in the sign-up box on the right-hand side of the home page. A free downloadable recipe book is your instant



reward! While you’re on the site, you can click in the “Nurture Idaho” pages for more information about our programming in the Wood River Valley. Or, contact Kathleen McCabe for more information at Kathleen@nurtureyourfamily.org.

Morning Millet and Oats

Ingredients:

1 C. millet, rinsed
1 C. steel-cut oats
2 Tbsp. butter
1/4 C. brown sugar
2 bananas, sliced
1/2 C. dried plums, chopped
(you can substitute raisins or

any dried fruit)
6 Tbsp. walnuts or almonds, chopped
12 Tbsp. milk (2/3 of a cup)

Directions: Rinse millet. Put millet and steel-cut oats in the rice cooker. Add four rice-cooker cups of water, a dash of salt, and cover. Press down “on” button. Button will “click” up to “warm” once the grains are done. Unplug cooker. Stir butter and brown sugar into grains. Top each serving with bananas, dried plums, 1 tablespoon of nuts and 2 tablespoons of milk (or add more to taste). Serve.