

# Mark Bittman's Autumn Millet Bake

Yield: 5 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mark-bittman-s-12345-chinese-spareribs-recipe>

## Ingredients:

- 1/4 cup extra virgin olive oil plus oil for the dish
- 3/4 cup millet
- 1 butternut squash medium, or 1 small pumpkin, peeled seeded and cut into 1-inch cubes
- 1 cup fresh cranberries
- salt
- freshly ground pepper
- 1 tablespoon sage leaves minced, or 1 teaspoon dried
- 2 tablespoons maple syrup or honey
- 1 cup vegetable stock or water, warmed\*
- 1/4 cup pumpkin seeds or coarsely chopped hazelnuts

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 43 grams
3. Fat: 15 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 350 milligrams
8. Sugar: 8 grams

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