

SORGHUM

Nature's Super Grain 

7-DAY MEAL PLAN



What is sorghum?

Cooked, whole-grain sorghum packs healthy benefits in each serving. The cooked, super grain is high in protein, rich in the antioxidant selenium, and is naturally gluten-free. Plus, whole grain sorghum helps keep you fuller longer and provides beneficial dietary fiber for digestive health.

Sorghum grain can be served like rice or quinoa. You can prepare sorghum as a delicious side dish or as the base for a main meal.

Try sorghum for breakfast, lunch, dinner and even snacks your whole family will love. The grain is easy to cook using your oven, stovetop, slow cooker or rice cooker. Sorghum can even be frozen and then reheated without losing its great taste.



Meals

Meal 1: Sorghum Frittata Recipe | Kick Up Variety And Health Benefits

Meal 2: Walnut Raisin Sorghum Waffles

Meal 3: Caprese Sorghum Salad Bowl

Meal 4: Popped Sorghum Microwave Recipe

Meal 5: BBQ Tofu & Sorghum Glazed Heirloom Carrots

Meal 6: Middle Eastern Sorghum Bowl

Meal 7: Sorghum, Chicken and Veggie Lettuce Wraps Recipe

Grocery List

Pantry

- Extra virgin olive oil
- Oat flour
- Sorghum flour
- Baking powder
- Baking soda
- Guar gum or xanthan gum
- Hemp seeds
- Balsamic glaze
- Ground flaxseed
- Sorghum syrup or maple syrup
- Vanilla extract
- Chopped walnuts
- Raisins
- 1 bag whole grain sorghum
- 1 bag pearled grain sorghum
- Millet
- 1 piece of Ginger
- White Sesame Seeds
- Barbecue Sauce
- 2 cups cooked whole grain sorghum
- Brown lentils
- 1 can garbanzo beans
- Red wine vinegar
- Dijon mustard
- 1 can pumpkin puree

Spices

- Salt
- Cinnamon
- Ground black pepper
- Red pepper flakes
- Ground cumin
- Ground cinnamon
- Southern Spice Blend
 - Celery Seeds, Dill Seeds, Black Mustard Seeds & Ground Turmeric

Meat

- 1 lb. bulk ground pork, seasoned & browned
- 3 oz of your choice of grilled shrimp, chicken, or steak per bowl
- 2 boneless, skinless, chicken breasts
- 2 ounces rotisserie or grilled chicken, diced

Dairy, Eggs & Other

- A dozen eggs
- Half and half
- Parmesan Cheese, shredded
- Gruyere Cheese, shredded
- Buttermilk
- 2 stick unsalted butter or coconut oil
- 4 ounces of fresh mozzarella balls

- 1 14-Ounce Package Extra Firm Tofu

- Heavy cream

Produce

- 4 green onions
- 2 red bell pepper
- 1 bunch fresh parsley
- 2 heads romaine lettuce shredded or mixed greens
- 2 lemon
- 1 bunch of basil
- 1 pint grape tomatoes

- 3 cucumbers
- 1 bulb of garlic
- 1 Bunch Collard Greens
- ½ Pound Multicolored Heirloom Carrots
- 2 medium tomatoes
- 1 medium red onion

How to Meal Prep

Prep day instructions

- **Sorghum Frittata:** Make the frittata and slice into 6-8 servings and store in air tight
- **Walnut & Raisin Sorghum Waffles:** Make the waffles and store in air tight container. (For fresh waffles, make the batter ahead of time, store in a large plastic bag in the fridge and cook waffles when it's time to eat.)
- **Caprese Sorghum Bowl:** Make the bowls and store in two separate air tight containers in the fridge.
- **Popped Sorghum:** Make and store in a large Ziploc bag.
- **BBQ Tofu & Sorghum Glazed Heirloom Carrots:** Make the ingredients according to a recipe and store in two air tight containers in the fridge.
- **Middle Eastern Sorghum Bowl:** Make the ingredients according to a recipe and store in two air tight containers in the fridge.
- **Sorghum, Chicken and Veggie Lettuce Wraps with Pumpkin Dijon Vinaigrette:** Make the sorghum mixture and dressing according to recipe. Store sorghum mixture and dressing in two separate air tight containers in the fridge.

When it's time to eat

Sorghum Frittata: microwave on high for 1 minute.

Walnut & Raisin Sorghum Waffles: microwave on high for 1 might of cook batter according to instructions.

Caprese Sorghum Bowl: Eat hot or cold. To warm, microwave for 1 minute.

Middle Eastern Sorghum Bowl: Eat cold

Sorghum, Chicken and Veggie Lettuce Wraps with Pumpkin Dijon

Vinaigrette: Pile the sorghum mixture into the lettuce wrap and add dressing. Eat cold.

Sorghum Frittata

Makes 6-8 servings

Ingredients

- 2 cups cooked pearled grain sorghum
- 1 lb. bulk ground pork, seasoned & browned
- 1 Tablespoon extra virgin olive oil
- 4 green onions, thinly sliced
- 1/2 cup diced red bell peppers
- 1/4 cup chopped fresh parsley
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 extra-large eggs
- 1/4 cup half and half
- 1/3 cup Parmesan Cheese, shredded
- 1/2 cup Gruyere Cheese, shredded

Directions

1. Preheat oven to 350 degrees.
2. Heat a 10-inch ovenproof, non-stick skillet (I prefer well seasoned cast iron) over medium heat. Add olive oil, onion and red bell pepper; cook, stirring often for about 3-4 minutes until softened. Add cooked pork and sorghum; heat through.
3. Meanwhile, in a large bowl, beat eggs and half and half together. Add parsley, Parmesan, salt and pepper and whisk to combine.
4. Pour the egg mixture over the sor- ghum mixture and cook for 2 minutes without stirring until the edges begin to set.
5. Transfer the pan to the oven and bake the frittata for 15 to 20 minutes, until puffed, but barely set in the middle. Sprinkle the Gruyere on the top and bake for another 3 to 5 minutes, until the cheese is just melted.
6. Remove from the oven and let set for 5 minutes. Cut into 6 to 8 wedges and serve hot.



Walnut and Raisin Sorghum Waffles

Makes 8 servings

Ingredients

- 1 cup oat flour, certified gluten free if necessary
- 1 cup sorghum flour
- 1 ¼ teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon guar gum or xanthan gum
- ¼ teaspoon sea salt
- 1 teaspoon cinnamon
- 2 tablespoons ground flaxseed
- 1 1/2 cups buttermilk, stirred or (see notes to make buttermilk)
- ¼ cup (4 tablespoons) melted unsalted butter or coconut oil
- 2 tablespoon sorghum syrup or maple syrup
- 1 teaspoon vanilla extract
- 2 large eggs

Mix-ins:

- 1/3 cup chopped walnuts
- 1/3 cup raisins

Directions

1. Preheat the waffle iron. If desired, preheat oven to 200 F° or warming drawer to keep waffles warm until you're ready to serve.
2. In a medium-sized mixing bowl, whisk together the sorghum flour, oat flour, baking powder, baking soda, guar or xanthan gum, salt and cinnamon.
3. In another bowl, add the buttermilk, melted butter or coconut oil, sorghum or maple syrup, vanilla and egg and mix together with a whisk or fork. Pour the liquid mixture into the dry mixture and stir them together until a few small lumps remain and the liquid is fully incorporated. Fold in the chopped walnuts and raisins or your choice of mix-ins. While heating the waffle iron place the batter in the refrigerator for a minimum of 5 minutes to thicken, this also produces a lighter and crisper waffle.
4. Rub a small amount of coconut oil, butter or your choice of oil on the waffle iron. Flick a drop of water on the waffle iron; if the water sizzles, the iron is hot enough.
5. Pour 1 cup batter onto the hot waffle iron plates, close the waffle iron and cook waffles for 5-6 minutes until they are letting off steam and they are lightly crisp to the touch and lift easily. Lift waffles carefully out of the waffle iron and serve immediately or place in the oven or warming drawer to keep warm. Don't stack the waffles as the moisture will cause them to lose their crispness. Repeat with remaining batter as necessary. Serve with your choice of toppings.

Homemade buttermilk:

1. Buttermilk helps to thicken the batter and retain air pockets resulting in a lighter fluffier waffle. Pour 1 tablespoon + 3/4 teaspoon lemon juice or white wine vinegar into a measuring cup.
2. Fill the measuring cup with your choice of milk to the 1 1/2 cup mark.
3. Let sit for 10-15 minutes or until it curdles. Then shake or stir the buttermilk.



Nutrition

(Per 1/2 - 8" belgium waffle) Calories: 265, Fat: 13, Saturated fat: 5 grams, Carbohydrates: 30 grams, Sugar: 7 grams, Sodium: 350 milligrams, Fiber: 3 grams, Protein: 7 grams, Cholesterol: 60 milligrams



Caprese Sorghum Bowl

Makes 2 servings

Ingredients

- 4 cups of romaine lettuce shredded or mixed greens
- 2 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice + 2 lemon wedges
- 1/8 -1/4 teaspoon red pepper flakes
- A pinch sea salt + 1/4 teaspoon sea salt, separated
- 2 tablespoons shredded basil
- 1 cup sorghum, cooked and cooled
- 1 cup grape tomatoes, halved
- 1 cup seedless cucumbers, sliced in quarters
- 4 ounces of fresh mozzarella balls
- 1 tablespoon hemp seeds
- 1 tablespoon balsamic glaze
- Optional: 3 oz of your choice of grilled shrimp, chicken, or steak per bowl

Directions

1. Divide the lettuce between two bowls and combine.
2. In a small dish add 1 tablespoon extra virgin olive oil, 1 tablespoon lemon juice, 1/8 teaspoon red pepper flakes and a pinch of salt, whisk together. In a medium bowl add sorghum and dressing, basil and mix together well.
3. Add 1/2 cup cooked sorghum to each bowl.
4. Add 1/2 cup grape tomatoes, 1/2 cup cucumber, and 2 ounces mozzarella balls evenly among each bowl.
5. Just before serving, drizzle 1/2 tablespoon olive oil and 1/2 tablespoon balsamic glaze over each salad sprinkle with a pinch of sea salt and sprinkle of lemon.
6. **Optional:** If you would like to add an additional protein a few choices are to add 3 oz. of grilled shrimp, grilled or roasted chicken or grilled steak per bowl.



Popped Sorghum Microwave

Makes ½- 1 cup

Ingredients

- ½ cup whole grain sorghum
- Salt or seasoning of choice

Directions

1. Place sorghum in a small paper bag and fold the top down.
2. Lay the bag flat in the microwave with the fold face down.
3. Heat on high for 2-3 minutes (depending on microwave) or until there are more than 10 seconds between pops.
4. Remove from microwave and sprinkle lightly with salt or toppings of choice.



BBQ Tofu & Sorghum Glazed Heirloom Carrots

Makes 2 servings

Ingredients

- 1 14-Ounce Package Extra Firm Tofu
- ¾ Cup Millet
- 3 Cloves Garlic
- 1 Bunch Collard Greens
- ½ Pound Multicolored Heirloom Carrots
- 3 Tablespoons Butter
- 2 Tablespoons Heavy Cream
- 2 Tablespoons Sorghum Syrup
- 2 Teaspoons Southern Spice Blend
- 1 1-Inch Piece Ginger
- 1 Teaspoon White Sesame Seeds
- ¼ Cup Barbecue Sauce

Directions

1. Prepare the ingredients: Wash and dry the fresh produce. Drain the tofu and pat it dry with paper towels; cut it into 1-inch cubes. Peel and mince the garlic and ginger. Remove and discard the stems of the collard greens; roughly chop the leaves. Quarter the carrots lengthwise.
2. Start the millet pilaf: In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the garlic and spice blend; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Add the collard greens; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted. Add the millet; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant.
3. Finish the millet pilaf: Add the heavy cream and 2¼ cups of water to the pot of greens and millet; season with salt and pepper. Bring to a boil; cover and reduce the heat to low. Simmer, without stirring, 20 to 22 minutes, or until the liquid is absorbed and the millet is tender. Remove from heat and fluff the cooked millet with a fork. Stir in half the butter; season with salt and pepper to taste. Set aside in a warm place.
4. Cook and dress the tofu: Once the millet has cooked for about 5 minutes, season the cubed tofu with salt and pepper. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned tofu; cook, flipping occasionally, 4 to 6 minutes, or until browned on all sides. Transfer to a medium bowl. Add three-quarters of the barbecue sauce to the bowl of tofu; stir gently to coat. Set aside. Wipe out the pan.
5. Glaze the carrots: In the same pan used to cook the tofu, heat 2 teaspoons of olive oil on medium-high until hot. Add the carrots and ginger; cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Add ½ cup of water; cook, stirring occasionally, 2 to 4 minutes, or until the water has evaporated. Add the sorghum syrup and remaining butter; cook, stirring occasionally, 1 to 2 minutes, or until the carrots are tender and thoroughly coated. Season with salt and pepper to taste; remove from heat.

6. Plate your dish: Divide the BBQ tofu, millet pilaf and glazed carrots between 2 dishes. Garnish with the remaining barbecue sauce and sesame seeds.



Middle Eastern Sorghum Bowl

Makes 2 bowls

Ingredients

- 2 cups cooked whole grain sorghum
- ¼ cup snipped fresh parsley
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- Salt and pepper to taste
- 2 boneless, skinless, chicken breasts
- 4 wooden skewers, soaked in water for 30 minutes
- 1 lemon, zested and juiced
- ¼ cup olive oil
- 3 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon red pepper flakes (optional)
- 1 cup cooked lentils
- 1 cup canned garbanzo beans, rinsed and drained
- 1 English cucumber, thinly sliced
- 2 medium tomatoes, quartered
- 1 medium red onion, cut into wedges

Directions

1. In a medium bowl combine sorghum, parsley, 2 tablespoons olive oil, cumin, cinnamon, salt and pepper. Cover and set aside.
2. Cut chicken into 1-inch cubes and divide between 4 wooden skewers. In a small bowl combine lemon zest, lemon juice, ¼ cup olive oil, garlic, salt, and pepper flakes, if using. Brush chicken with lemon mixture and grill over medium heat until cooked through and no longer pink, 8 to 10 minutes, turning occasionally.
3. Divide sorghum and chicken between two bowls. Serve with lentils, garbanzo beans, cucumber, tomatoes and onions.



Sorghum, Chicken and Veggie Lettuce Wraps with Pumpkin Dijon Vinaigrette

Makes 1 serving

Ingredients

Sorghum salad:

- 1/2 cup cooked whole grain sorghum
- 2 ounces rotisserie or grilled chicken, diced
- 1/3 grape or cherry tomatoes, halved
- 1/3 cup red, orange or yellow bell peppers, chopped (3-4 mini peppers)
- 3 romaine lettuce leaves

Dressing:

- 1 tablespoon Extra Virgin olive oil
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 teaspoons canned pumpkin
- 1/2 large clove garlic, finely chopped

Directions

1. In a bowl, combine sorghum, chicken, peppers and tomatoes.
2. In a second bowl, whisk together dressing ingredients.
3. Add 2 tablespoons dressing to sorghum mixture and gently combine.
4. Distribute sorghum mixture onto 3 lettuce leaves.
5. Drizzle with a little extra dressing if desired.
6. Dressing recipe will make more than is needed for one serving. Cover and refrigerate the extra to use another time.

Nutrition

(Per serving) 310 calories, 10g fat, 1.5g sat fat, 60mg chol, 135mg sodium, 32g carbohydrate, 6g fiber, 4g sugar, 22g protein

