

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 Breakfast Bowl

Meal 2: Apple Cinnamon Raisin Sorghum Bake

Meal 3: Greek Sorghum Bowl with Artichokes and Olives

Meal 4: Pumpkin Spice Energy Bites

Meal 5: Southwest Sorghum Sliders

Meal 6: ZA'ATAR Chicken Thighs with Sweet Potatoes, Kale and Sorghum

Meal 7: Zucchini Boats Stuffed with Sorghum Meatballs

Grocery List

Pantry

- 2 bags whole grain sorghum
- Marinated artichoke hearts
- Kalamata olives
- Extra virgin olive oil
- 1/4 cup uncooked, pearled sorghum grain
- Raisins
- Raw sunflower seeds
- Apple juice
- Pitted prunes
- Superseedz Cinnamon & Sugar pumpkin seeds or naked pumpkin seeds
- Multi Grain Cheerios
- Pumpkin puree (nut or seed butter could be used)
- Ground flax seeds
- Shredded coconut flakes
- Chopped walnuts
- Sorghum all purpose flour blend (gluten-free)
- 24 ounces of marinara sauce of sauce of your choice
- 1 – 28 ounce can pinto beans
- Salsa
- Low sodium chicken stock

Spices

- Garlic powder
- Salt
- Ground black pepper
- Cinnamon
- Pumpkin pie spice
- Za'atar
- Oregano
- Red chili flakes (optional)

Meat

- 6 bone-in, skin-on chicken thighs
- 1 lb. ground turkey, ground beef may be used

Dairy, Eggs & Other

- 1 cup milk or desired non-dairy milk such as almond milk or coconut milk
- Crumbled feta
- ½ dozen eggs

Produce

- 1 cucumber
- 1 pint cherry tomatoes
- 1 red onion
- 3 lemon
- 4 medium Gala or Fuji apples
- 1 cup baby Bella mushrooms

- 1 garlic bulb
- 1 bunch of cilantro
- 2 medium yellow onion
- 1 bunch fresh oregano
- 2 small sweet potatoes

- 1 package kale
- 1 bunch of fresh basil
- 1 bunch fresh parsley
- 1 package of spinach

How to Meal Prep

Prep day instructions

- **Sorghum Breakfast Bowl:** Make the breakfast bowl according to the recipe and store in an air tight container in the fridge.
- **Apple Cinnamon Raisin Sorghum Bake:** Make according to the recipe, divide into 4 pieces and store in an air tight container in the fridge.
- **Greek Sorghum Bowl with Artichokes and Olives:** Make the sorghum mixture and dressing according to recipe. Store sorghum mixture and dressing in two separate air tight containers in the fridge.
- **Pumpkin Spice Energy Bites:** Make according to the recipe and store in an air tight container in the fridge.
- **Southwest Sorghum Sliders:** Make according to the recipe and store in an air tight container in the fridge.
- **ZA'ATAR Chicken Thighs with Sweet Potatoes, Kale and Sorghum:** Make according to the recipe, divide into 4 pieces and store in an air tight container in the fridge.
- **Zucchini Boats Stuffed with Sorghum Meatballs:** Make according to the recipe, divide into 4 pieces and store in an air tight container in the fridge.

When it's time to eat

All recipes should be microwaved on high for 1-2 minutes.

Sorghum Breakfast Bowl

Makes 1 serving

Ingredients

- 1 cup milk or desired non-dairy milk such as almond milk or coconut milk
- 1 cup cooked whole grain sorghum
- Toppers such as fruit, toasted coconut, toasted nuts, ground cinnamon and/or honey

Directions

1. In a small saucepan, heat milk over medium-high heat or until just boiling.
2. Meanwhile, transfer sorghum to serving bowl. Pour warm milk over sorghum. Top with desired toppers.



Apple Cinnamon Raisin Sorghum Bake

Makes 4 servings

Ingredients

- 1/4 cup uncooked, pearled sorghum grain
- 1/4 cup raisins, packed
- 3 medium Gala or Fuji apples, cored and sliced with peel on (8 approx.. 15-18 slices per apple)
- 1 teaspoon cinnamon
- 2 tablespoons raw sunflower seeds
- 1/3 cup apple juice
- 2/3 cup water

Directions

1. Preheat oven to 350 degrees.
2. Rinse sorghum in a coffee filter or very tight woven strainer and let extra water drain out.
3. Spread sorghum and raisins on the bottom of a 9×9 brownie pan. Then layer apple slices and sprinkle cinnamon over apples. Spread sunflower seeds.
4. Combine apple juice and water into a measuring cup with a spout. Pour into the corner of the pan so liquid coats the bottom, taking care not to pour over apples.
5. Bake for 55 to 60 minutes. Remove from oven and let cool slightly, cover with aluminum foil to further soften the apples if you like them on the softer side.



Greek Sorghum Bowl with Artichokes and Olives

Makes 4 servings

Ingredients

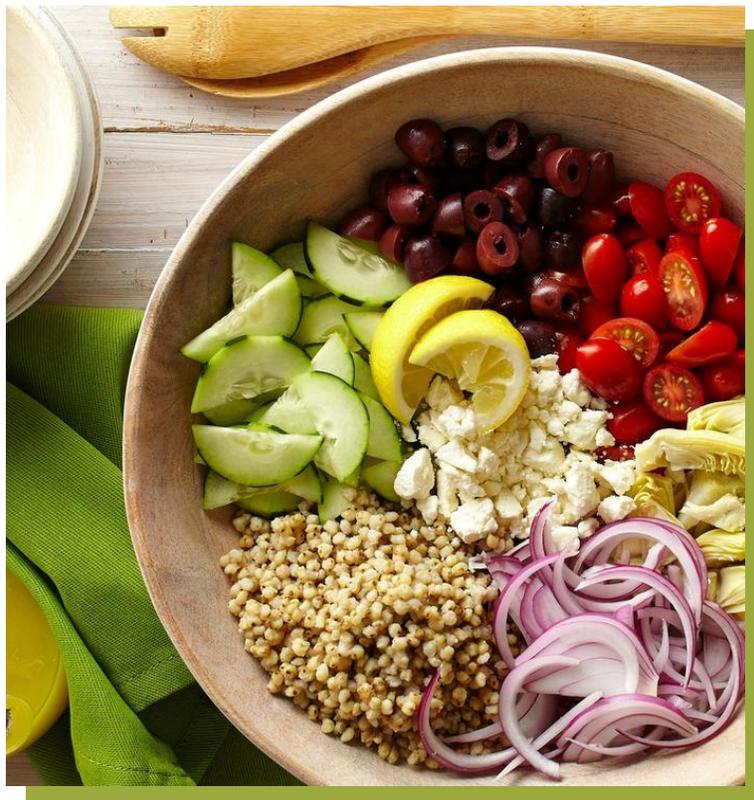
- 3 cups cooked whole grain sorghum
- 1 cup marinated artichoke hearts, quartered
- 1 cup Kalamata olives, halved
- 1 cup cucumbers, halved and sliced
- 1 cup cherry/grape tomatoes, halved
- ½ cup crumbled feta
- ½ cup red onion, thinly sliced

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. In a small saucepan, boil 4 cups of water and add 1 cup of whole grain sorghum to make 3 cups of cooked sorghum. Cover with a tight-fitting lid, reduce heat to medium and simmer for 45 minutes or until tender. Fluff with a fork.
2. Combine all salad ingredients, including cooked sorghum, in a large bowl.
3. Whisk together all dressing ingredients. Drizzle dressing over salad and toss to coat. Serve with lemon wedges.



Pumpkin Spice Energy Bites

Makes 19 Servings

Ingredients

- 1 cup pitted prunes
- 1/2 cup Superseedz Cinnamon & Sugar pumpkin seeds or naked pumpkin seeds
- 3/4 cup Multi Grain Cheerios (Gluten Free) or sorghum based cereal of your choice
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon sea salt
- 1/4 teaspoon sea salt
- 1/4 cup pumpkin puree (nut or seed butter could be used)
- 3 tablespoons ground flax seeds

Toppings:

- 3 tablespoons finely shredded coconut flakes
- 3 tablespoons finely chopped walnut

Directions

1. Line a baking sheet with parchment paper or silpat mat
2. Add prunes to food processor and pulse until they are in small pieces. Add pumpkin seeds, cheerios, pumpkin pie spice, sorghum syrup, sea salt, pumpkin puree and flaxseed. Mix until only fine pieces remain. The batter should resemble dough and feel sticky.
3. Using a 1 tablespoon measuring spoon, scoop out 1 tablespoon of "dough" and form into balls. Place onto lined baking sheet.
4. In a shallow bowl, add finely shredded coconut flakes and finely chopped walnuts.
5. Roll cereal balls in coconut and walnut mixture and return to baking sheet.
6. Refrigerate for a minimum of 30 minutes or up to 2 hours and serve.
7. Store in a labeled and dated airtight container for up to one week in the fridge.





Southwest Sorghum Sliders

Makes 12 2-ounce sliders

Ingredients

- 1 teaspoon olive oil
- 1 cup baby Bella mushrooms, chopped
- 2 garlic cloves, minced
- 1 - 28 ounce can pinto beans
- 1 1/2 cup sorghum, cooked, preferably room temperature
- 1/2 cup salsa
- 1/4 - 1/3 cup chopped cilantro
- 2 eggs
- 3 tablespoons sorghum all purpose flour blend (gluten-free)
- 1/4 teaspoon sea salt

Directions

1. lace a sauté pan over low-medium heat, and add olive oil and garlic. Cook for 30 seconds, then add mushrooms and pinto beans. Mix together and cook for 2-3 minutes, or until soft.
2. When done, remove from heat and let cool.
3. Once cool, place the mushroom mixture into a medium sized bowl and mash with a potato masher until it reaches a smooth consistency.
4. Add cooked sorghum, salsa, cilantro, flax egg, sea salt and flour to the mixing bowl and stir until well combined.
5. Cook the patties using one of the two methods below.

Baked Slider Patties:

1. Line a baking sheet with parchment paper.
2. Use a 1/4 cup measuring cup to make consistent 2 ounce patties. Shape them in your hand and place them on the baking sheet, leaving a little room in between burgers.
3. Bake at 400 degrees F for approximately 12 minutes then flip for another 12 minutes.

Pan-Seared Slider Patties:

1. Refrigerate bean and sorghum mixture for about 15 minutes until the mixture is firm enough to flip.
2. Use a 1/4 measuring cup to make 2 ounce slider patties, flattening each one with clean hands.
3. If not using a non-stick pan, use 1 tablespoon oil or cooking spray. Pan sear each burger for 5 minutes on each side until browned.

Serve burgers with your favorite toppings: avocado, salsa, ketchup, lettuce, tomato, etc

Nutrition

(Per one 2-ounce slider): Calories: 130 calories Fat: 2 grams, Saturated fat: 0.5 grams, Carbohydrates: 22 grams, Sugar: 1 gram, Sodium: 100 milligrams, Fiber: 5 gram, Protein: 5 grams Cholesterol: 25 milligrams

ZA'ATAR Chicken Thighs with Sweet Potatoes, Kale and Sorghum

Makes 6 servings

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 6 bone-in, skin-on chicken thighs
- 1 tablespoon za'atar
- ¼ teaspoon sea salt
- ½ teaspoon pepper
- 1½ cups diced yellow onion
- 3 cloves of garlic, minced
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh Oregano
- 2 cups diced sweet potato
- 1 cup peeled, diced apple like gala
- 1 cup whole grain sorghum
- 1 cup low sodium chicken stock
- 1 cup water
- 2 cups (packed) chopped kale
- Salt and pepper to taste

Directions

1. Season the chicken thighs with salt, pepper and za'atar.
2. Using the sauté' setting on your instant pot, add half the extra virgin olive oil to the pot along with the chicken thighs, skin side down.
3. Sear the chicken thighs for 5-6 minutes, browning the skin, then flip and sear for another 2-3 minutes on the other side. Remove the chicken thighs and set them aside.
4. Add the remaining extra virgin olive oil to the pan along with the onions and the garlic. Sauté for 3-4 minutes to soften the onions.
5. Add the lemon juice and oregano and stir to deglaze the pan.
6. Add the sweet potatoes, apple, sorghum, chicken stock and water. Season with salt and pepper. Stir to combine.
7. Add the chicken back to the pot, skin side up, placing it on top of the potato and sorghum mixture.
8. Secure the lid of the instant pot making sure that the steam vent is closed.
9. Using the pressure cook setting, set the timer to 20 minutes.
10. When the timer ends, release the steam value and then open the lid.
11. Remove the chicken thighs and set them aside.
12. Add the kale to the sweet potato and sorghum mixture gently stirring to wilt the kale and incorporate it into the mixture.
13. Plate the potato and sorghum mixture, topping it with the chicken thighs.

Nutrition

With the skin - calories: 660, total Fat: 9g, sat fat: 1.5g, chol: 65 mg, sodium: 95 mg, total carb: 47 g, fiber: 5g, sugar: 10g, protein: 19g



Without Skin - calories: 330, total fat: 9 g, sat fat: 1.5, cho: 65 mg, sodium: 95 mg, total carb: 47 g, fiber: 5g, sugar: 10g, protein 19g



Zucchini Boats Stuffed with Sorghum Meatballs

Makes 5 servings

Ingredients

- 2 tablespoons ground flaxseed
- 3 tablespoons water
- 1 cup whole grain sorghum, cooked
- 1/2 cup onion, finely diced
- 3 garlic cloves, minced
- 1/2 teaspoons oregano
- 3/4 tablespoons basil
- 1 tablespoon fresh chopped parsley
- 1/2 teaspoon sea salt
- 1/4-1/2 teaspoon red chili flakes (optional)
- 1 large egg, slightly beaten
- 1 lb. ground turkey, ground beef may be used
- 1/2 cup spinach, washed, rinsed & chopped
- 1 teaspoon olive oil
- 24 ounces of marinara sauce of sauce of your choice

Directions

Meatball Baking:

1. Pre-heat oven to 400°F. Cover a baking sheet with parchment and 1 teaspoon of olive oil.
2. In large bowl, combine cooked sorghum, flaxseed, onion, garlic chopped parsley, sea salt, red chili flakes, egg, chopped spinach and ground turkey. Mix well with a spatula or clean hands to combine well.
3. Add 1/4 teaspoon of oil to your hands to prevent from sticking and roll meatballs into about 2" balls. A small cookie scoop works well to keep the meatballs the same size for even cooking. Form into 20-2" meatballs and place on the baking sheet.
4. Bake for 16-18 minutes or until meatballs are cooked through and insides are no longer pink. (165°F for ground turkey and 160°F for ground beef)

Zucchini Boats:

1. Preheat oven to 350°F.
2. Slice two zucchini's horizontally and scoop out the zucchini.
3. Place zucchini boats on a parchment lined cookie sheet and roast the zucchini boats in the oven for 15-20 minutes until soft.
4. Using a slotted spoon, add 4 meatballs, top with marinara sauce and sprinkle mozzarella cheese if desired into each zucchini boat and back for 5-10 minutes until the meatballs or cheese is lightly browned.
5. Serve warm.

