

SORGHUM SALAD, BROCCOLI, LEMON TAHINI DRESSING

Serving size: ½ cup

Makes 9 servings

- 2/3 cups Sorghum
- 2 cups Water
- ½ cup Broccoli Florets
- 1 ½ tsp Olive Oil
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- 2 TBSP Lemon Juice
- ¼ tsp Salt
- 1/8 tsp Black Pepper
- 1 ½ tsp Tahini (Sesame Paste)
- 2 TBSP Olive Oil
- 1/8 tsp Aleppo Pepper
- 1 ½ cups Carrots, Julienned

Preparation:

To Prepare Sorghum

1. Heat water up to a simmer in a pot. Stir in sorghum. Simmer until tender, about 45 minutes (all water should be absorbed). Chill and set aside.

To Prepare Salad

1. In a bowl, toss together broccoli, oil, salt, and pepper. Place broccoli on a parchment lined sheet tray. Roast in a 350°F oven for 10 minutes or until tender and lightly charred. Chill and reserve.
2. In a bowl, whisk together lemon juice, salt, pepper, tahini olive oil, and Aleppo pepper. Set dressing aside.
3. In a bowl toss together sorghum, broccoli, dressing, and carrots until evenly mixed.



NUTRITION FACTS PER SERVING

calories	70
total fat (g)	5
saturated fat (g)	0.5
trans fat (g)	0
sodium (mg)	85
total carbohydrate (g)	7
dietary fiber (g)	1
sugar (g)	1
protein (g)	1

functional **FOODS** 

ANCIENT GRAINS