

Starring Sorghum

Dear Family,

Your child has been learning about sorghum this week. This tasty, nutritious, naturally gluten-free whole grain is now being served in your child's school meal programs. In our classroom, we have been busy growing, popping, tasting and learning all about sorghum.

Delicious and versatile with a neutral, nutty flavor, sorghum is great for both sweet and savory bowls, baked goods made from whole sorghum flour, entrées, soups, breading, salads and even popped as a snack!

Be sure to visit sorghumcheckoff.com/consumers/ for cooking tips, recipes and the benefits of including sorghum as a staple in your family meals.

Greek Sorghum Bowl with Artichokes and Olives

Bowls are a flexible way to offer options for picky eaters or clean out the refrigerator. Start with sorghum and a lean protein. Challenge young children to try at least one new topping.

Prep Time: 20 Mins • **Total Time:** 45 Mins • **Yield:** 4 Servings

Ingredients

- 1 cup whole grain sorghum, uncooked
- 1 cup marinated artichoke hearts, quartered
- 1 cup Kalamata olives, halved
- 1 cup cucumbers, halved and sliced
- 1 cup cherry/grape tomatoes, halved
- 1/2 cup crumbled feta
- 1/2 cup red onion, thinly sliced

Dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions

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. If using a pressure or multi-cooker, reduce liquid to 3 cups and cook on high pressure for 20-30 minutes. (Time may vary with specific appliance.)
2. Combine all bowl ingredients, including cooked sorghum, in a large bowl.
3. Whisk together all dressing ingredients. Drizzle dressing over bowl and toss to coat. Serve with lemon wedges.

Notes: For quick meal prep, you can make sorghum ahead of time. Cooked sorghum keeps for several days in the refrigerator and it freezes well, too!

All About Sorghum

- Sorghum is an ancient grain, which means that it has been essentially unchanged for thousands of years. Sorghum originated in Northeastern Africa. An archaeological dig near the Egyptian-Sudanese border dates sorghum to 8,000 BCE!
- The United States is the world's leading producer of this sustainable, climate-resilient crop. The Sorghum Belt extends from South Dakota to Texas.
- Sorghum is a dietary staple for 500 million people in 30 countries in Africa and Asia.
- Sorghum is called Nature's Super Grain™ because of its rich nutrient profile. A complex carbohydrate which is naturally gluten-free, sorghum contributes many nutrients, including protein, iron, zinc, fiber, niacin, thiamin, vitamin B6, copper, magnesium, phosphorus, selenium and manganese.
- Ninety eight percent of Americans currently fall short of recommended whole grain intake. Whole grain sorghum and whole grain sorghum flour can help to close that nutrition gap.



Grow With Sorghum



1. Find and circle the words in the puzzle.

G	R	O	W	T	J	D	N	R	N
H	F	F	C	K	K	E	U	O	O
S	O	R	G	H	U	M	T	A	G
E	J	H	D	E	H	Q	R	R	R
E	P	T	C	A	T	M	I	H	A
D	M	L	K	L	H	H	T	A	I
N	G	A	B	T	S	B	I	X	N
J	I	L	Y	H	J	Z	O	U	R
T	A	S	T	Y	M	B	N	F	A
Y	R	N	G	Y	W	H	O	L	E

GRAIN
NUTRITION
TASTY
GROW
SEED
WHOLE
HEALTHY
SORGHUM

2. Use the words to make two or more sentences that show what you have learned about sorghum.

Example: You can plant a sorghum seed and watch it grow.

SORGHUM
Nature's Super Grain 





Sorghum Banana Nut Muffins

Prep Time: 15 Mins • **Total Time:** 35 Mins • **Yield:** 12 Servings

Ingredients

- 1 cup whole grain sorghum flour
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup butter, melted
- 1 cup packed brown sugar
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1/4 cup applesauce
- 2 ripe bananas
- 1/4 cup of walnuts

Instructions

1. Preheat oven to 350°F. Grease a muffin tin or place baking cups in the tin.
2. Mash the bananas using an electric mixer or fork in a small bowl and set aside. Combine sorghum flour, baking soda and salt in a medium-sized bowl and set aside.
3. In a large bowl, mix together the melted butter and brown sugar. Add the eggs, vanilla, and applesauce and mix until well blended.
4. Pour the dry ingredients into the wet ingredients and add mashed bananas. Fold in the walnuts and mix until well combined.
5. Use a spoon or ice cream scoop to place batter in muffin tins. Fill each muffin tin halfway. Bake for 20 minutes or until toothpick comes out clean.

