

Sorghum Pilaf



Makes:

4 Servings

Utensil:

2 Qt./1.8L Sauce Pan with Cover
10" Chef's Gourmet Skillet

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Whole grains are a good source of fiber in the diet. Sorghum provides 8 grams of fiber, 5 grams of protein per serving and is a good source of iron. Whole grain sorghum, a gluten free grain is a staple food in India and Africa. The texture of cooked sorghum is chewy with a little bite, with a pleasant flavor and hearty texture.

1 cup
whole grain sorghum
(192
g)
3 cups
water
(711
ml)
½ tsp
natural salt
(3
g)
1 small
onion, minced
2 garlic cloves, shredded, use Cone #1
3 scallions, trimmed and chopped, green and white part
1 handful
parsley leaves, chopped
¼ cup
hemp seeds
(40
g)
½ tsp
natural salt
(3
g)
fresh ground pepper

Directions:

Directions.

1. Rinse sorghum, drain and place in 2 Qt. sauce pan with water and salt. Place lid on sauce pan and turn heat to medium. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 50 minutes until grains are cooked, but have a slightly firm texture.
2. Drain sorghum, rinse and place in a clean bowl.
3. Heat gourmet skillet over medium heat, add onion, garlic and scallions and sauté for 2-3 minutes until softened.
4. Add spinach to gourmet skillet, a little at a time, quickly tossing until it is wilted and all of the spinach has been added.
5. Add cooked sorghum, parsley, salt and hemp seeds to gourmet skillet and toss.
6. Serve sorghum pilaf warm.

Tips:

- Substitute baby spinach for baby mixed greens; kale, chard and spinach blend
 - Hemp seeds are an excellent source of omegas 3 & 6, iron, dietary fiber and more.
 - Serve sorghum pilaf as a side dish or with lean protein for a main meal.
-