

Power Up With Sorghum

There is so much to like about sorghum! Whole grain sorghum is a standout in both sweet and savory bowls, entrées, soups, salads and even popped as a snack! Whole grain sorghum flour can be used in all kinds of baked goods and as a breading for chicken, fish and vegetables.

Nutrition Super Star

A complex carbohydrate which is naturally gluten free, sorghum contributes several nutrients to the diet, including protein, iron, zinc, fiber, niacin, thiamin, vitamin B6, copper, magnesium, phosphorus, selenium and manganese. Sorghum also contains a number of plant-based compounds known as phytonutrients which protect cells, reduce inflammation, and reduce the risk of heart disease and cancer.

This nutrient-rich whole grain fits into just about every eating plan, including vegetarian, vegan and gluten-free diets.

Performance Booster

Active teens looking for a high quality carbohydrate to fuel workouts, sports, dance or any type of endurance activity can rely on whole grain sorghum as an energy source that will provide long-lasting energy. Include whole grain sorghum as part of meals or snacks eaten two to three hours prior to physical activity. Whole grain sorghum is also a great way to replenish energy stores after sports or workouts.



Whole grain sorghum boosts brain power, contributing to success in academics and the arts. Sorghum supports a healthy blood sugar level, which is linked to better focus and concentration.



Pop and Enjoy!

Popped sorghum is a quick, healthy pick-me-up that can be prepared in the microwave in just a few minutes.

You will need 1/2 cup of whole grain sorghum and a small paper bag (like a lunch sack).

Instructions:

- Place sorghum in the paper bag and fold the top down.
- Lay the bag flat in the microwave with the fold face down.
- Heat on high for 2-3 minutes (depending on microwave) OR until there are more than 10 seconds between pops.
- Remove from microwave and sprinkle lightly with salt or toppings of choice. (e.g. Parmesan, chili powder, butter and cinnamon)

This recipe can also be found at sorghumcheckoff.com/recipes/popped-sorghum-microwave-recipe/

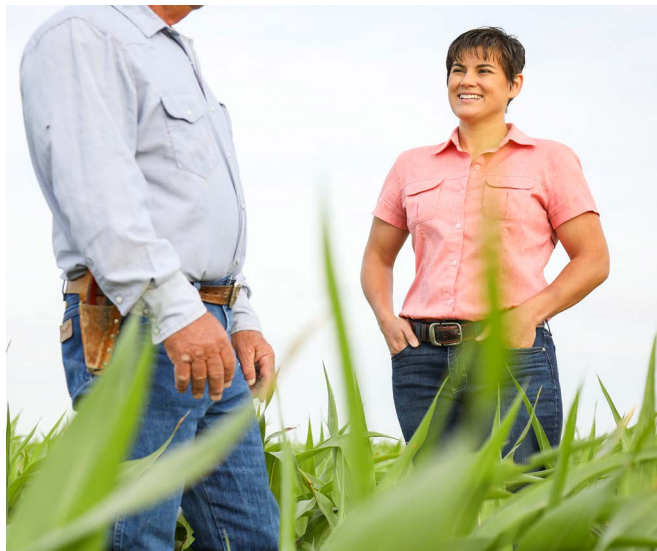
The small, tasty popped kernels can also be used as a crunchy soup or salad topper, addition to trail mix, and as an ingredient in no-bake energy bites.

SORGHUM
Nature's Super Grain 

Environmental Champion

Sorghum benefits the environment in a number of ways.

- It requires 30 percent less water than similar grains. Rain is the primary source of water for 91 percent of the sorghum grown in the United States.
- Sorghum builds and improves soil health during its growing cycle. The sorghum plant regenerates soil by retaining nitrogen and other soil nutrients.
- Sorghum removes harmful carbon from the atmosphere and stores it safely in the soil, cleaning our air and helping to fight climate challenges.
- Sorghum creates a wildlife habitat, providing a preferred food choice for quail, pheasants and many other species of birds and deer. The leaves and stalks left after harvest provide protection from the elements for wildlife during harsh winters and extreme summer heat.



Grown in the USA!

The United States is the world's leading producer and exporter of sorghum. The Sorghum Belt extends from South Dakota to Texas, with Kansas leading the nation with over 3 million acres devoted to sorghum production.



To learn more about the growth and harvest of sorghum, scan code here.

Did You Know?

Sorghum has long been an important grain for humans and continues to be a dietary staple for 500 million people in 30 countries in Africa and Asia. The earliest known record of sorghum comes from an archeological dig at Nabta Playa, near the Egyptian-Sudanese border, dated 8,000 BCE!





Sorghum Breakfast Bowl

Prep Time: 5 Mins • **Total Time:** 5 Mins • **Yield:** 1 serving

Wake up both your brain and body with this healthy, flexible power bowl!

Ingredients

- 1 cup milk
- 1 cup cooked whole grain sorghum*
- Toppings such as fruit, chia seeds, pumpkin seeds, nuts, flaxseed, toasted coconut, cinnamon, and/or honey

Instructions

Simply pour milk over cooked sorghum and top with fruit and additional toppings as desired. For a warmed bowl, heat milk and sorghum mixture for approximately one minute in the microwave prior to adding the toppings.

* To cook the sorghum, boil 4 cups of water and add 1 cup of whole grain sorghum in a small saucepan. 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 to 30 minutes. (Time may vary with specific appliances.) One cup of raw sorghum will make 3 cups of cooked sorghum. Sorghum can be cooked ahead of time and stores well in both the refrigerator and freezer.

Interested in more recipes and tips? Scan the QR code or check out

<https://www.sorghumcheckoff.com/consumers/>