

Mediterranean Bowl

Whole grain sorghum — a plant-based protein — is not only delicious but also versatile. It can be used like other grains, such as rice, quinoa and barley, in main dishes or as a side dish. You can easily cook sorghum on the stovetop, in a slow cooker, rice cooker or an oven. Or pop it for a snack!

This recipe is supported by Sorghum Checkoff.

Ingredients

 **Servings** 4 **Serving Size** 1 1/2 cups

Ingredients

1 cup uncooked whole grain sorghum

Dressing

1/4 cup olive, canola or corn oil

2 tablespoons lime juice (from 1/2 medium lime)

1 tablespoon chopped cilantro

1 garlic clove, minced

1/2 to 1 teaspoon Dijon mustard (lowest sodium available)

1/4 to 1/2 teaspoon ground cumin

1/4 teaspoon salt

1/4 teaspoon pepper

1 cup grape or cherry tomatoes (about 1/2 pint), halved

1 15.5-ounce can no-salt-added chickpeas, cannellini beans, red kidney or black beans (rinsed and drained)

1/2 cup jarred roasted red bell peppers

1/2 cup frozen shelled edamame, thawed


1/2 cup chopped cucumber

1/2 cup green onions (about 4 medium), green parts only, chopped

1/4 cup fat-free feta cheese

1/2 medium avocado, pitted and sliced into 8 slices

Directions

 **Tip:** Click on step to mark as complete.

Prepare the sorghum using the package directions, omitting the salt.

Meanwhile, in a small bowl, whisk together the dressing ingredients. Set aside.

In a medium bowl, stir together the tomatoes, beans, bell peppers, edamame, cucumber and green onions. Stir in the cooked sorghum. Pour the dressing all over, stirring to coat.

Put the sorghum mixture into serving bowls. Sprinkle with the feta. Top with the avocado slices.

 Calories

488 Per Serving

 Protein

17g Per Serving

 Fiber

12g Per Serving

Nutrition Facts

Calories	488
Total Fat	21.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	13.0 g
Cholesterol	0 mg
Sodium	339 mg
Total Carbohydrate	63 g
Dietary Fiber	12 g
Sugars	6 g
Added Sugars	0 g
Protein	17 g

Dietary Exchanges

3 1/2 starch, 1 vegetable, 1 lean meat, 4 fat