



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Herbed Cauliflower Whole Grain Salad

Serves 4

Ingredients:

- 1 cup sorghum
- 4 cups water
- 4 teaspoons vegetable stock base
- 1 tablespoon olive oil
- 1 sweet onion, sliced thin
- 1 head cauliflower, cut into florets (3 – 4 cups of cauliflower)
- 1 can chickpeas (15 oz), drained and rinsed
- ½ cup flat leaf parsley, chopped
- ¼ cup pine nuts
- 2 tablespoons olive oil
- ¼ cup red wine vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Sorghum is an ancient grain thought to have started in Egypt. Today it is grown all over the world and comes in a variety of colors from red to purple, white and brown; the most common kernel colors are white and shades of brown. It is a gluten-free grain.

This salad has nearly ½ of your daily fiber needs – 11 grams per serving, plus delivers 18 grams of protein per serving.

Directions:

1. In a medium pot add the water and vegetable stock base, whisk to combine. Bring the liquid to a boil and then add the sorghum. Cover and reduce the heat and let it simmer for 40 – 55 minutes or until the sorghum is tender. Remove from heat and set aside.
2. In a skillet add olive oil and add the sliced onion, cook for 3 – 5 minutes until the onions start to cook down. Then add the cauliflower florets and sauté until tender and lightly browned.
3. In a large mixing bowl, toss together the warmed sorghum, vegetables, and the remaining ingredients.

Nutrition Facts (per serving): 450 calories, 17 grams fat, 2 grams saturated fat, 0 milligrams cholesterol, 750 milligrams sodium, 64 grams carbohydrates, 11 grams fiber, 7 grams sugar, 18 grams protein