

kale and sorghum salad

SERVES 2

RECIPE ADAPTED FROM: wondergrain.com

PREP TIME: 10-15 minutes

For the salad:

- 2 cups kale, finely chopped
- ½ cup red bell pepper, diced
- 1 cup cooked sorghum
- ¼ sweet onion, thinly sliced (optional)

For the dressing:

- 2 Tbsp olive oil
- 1-2 Tbsp balsamic or red wine vinegar
- 1 Tbsp Dijon mustard
- 1 clove garlic, to taste, minced
- Juice of ½ lime
- 1 tsp honey (or more, to taste, if too acidic)
- Salt and pepper, to taste

Notes:

- If serving immediately, you can marinate the kale (and onion, if using) in the dressing for 1-2 hours before making the salad to help soften and remove some of the bitterness.
- If using refrigerated or frozen precooked sorghum, warm it up in the microwave or on the stovetop to loosen it up, let cool and then prepare salad.

REMOVE stems from kale and cut lengthwise. Roll up several leaves like a cigar for easier chopping and cut into small pieces.

DICE peppers into small pieces and thinly slice onion (if using).

COMBINE finely chopped kale, diced peppers and cooked sorghum (and onion, if using).

WHISK together dressing ingredients, adjusting salt, pepper and honey to taste.

POUR dressing over salad and toss well.

SERVE immediately or store in the fridge. This recipe does well leftover and is just as good, if not better, the next day. The kale will not wilt and the sorghum will not be soggy.

MAKE IT A MEAL: Top with cooked protein of choice.

